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# CHOPSTICKS NY®

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## Ideas and Tips to Enjoy Summer Drinks

Chill Out with Japanese Drinks

SPECIAL INTERVIEW

Jinsuke Mizuno

(Spice Master and Japanese Curry Guru)

10TH ANNIVERSARY

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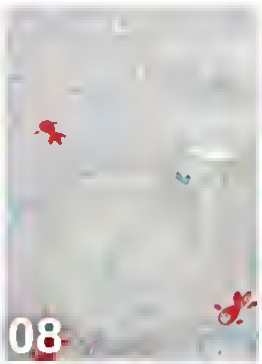
# CHOPSTICKS NY CONTENTS

April 2017, #120



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Presented by The No.1 Japanese free paper in NY. NY Japion

# "Curry is the dish that stays in Japanese people's lives, and that is why Japanese people have such a special affection for curry."

—— JINSUKE MIZUNO

*If burgers, fried chicken, and mac and cheese are some American comfort foods that remind you of home, what do you think are their Japanese counterparts? Sushi? Ramen? No, the quintessential Japanese comfort food is ... curry! Spice master and cookbook author Jinsuke Mizuno has organized a unique curry collective, Tokyo Curry Bancho--bancho literally means "leader of the pack"--and is dedicated to sharing the charms of Japanese curry with the world. During his recent visit to New York, Chopsticks NY caught up with him and asked about his passion for Japanese curry and Tokyo Curry Bancho.*

Photo courtesy of GO! GO! CURRY

**Could you please tell us what Tokyo Curry Bancho is?**

It's a group of curry lovers consisting of ten men who go to various types of events thoughout Japan and cook curry live and then serve the curry to the event participants. We cook curry from scratch, starting with blending the spices. We do this once a week—so 50 times a year—and we have done this for 17 to 18 years, meaning we have cooked about 1,000 different curries by now.

**Is it more like an event than catering?**

Yes. In the beginning, I was the only person who could cook curry, and most of the other members were club DJs. Our style of cooking curry and playing music with a DJ was naturally being formed. [laughs]

**Eating curry with a live DJ performance seems surreal...**

I understand that. [laughs] When we started, everyone frowned and asked, "Why are you serving curry at a club?" But now, serving food at clubs is really common. Also, this is not limited to curry—now some other types of catering groups that go to events are becoming popular. I think in the past 17 to 18 years, the Tokyo Curry Bancho style has been accepted.

**I heard you have made it a rule that you never cook the same curry ever.**

If we had our own restaurant, we would have to set our signature flavors and serve them all the time. However, we can go out everywhere and serve curries to different audiences at different events in different places. We always ask event producers and organizers about the purpose of the event, the

concept, and target audience, and then we customize an original curry exclusively for the event, like European curry, Thai curry, or Indian curry—whatever fits the event. Also, we want to maximize local ingredients. So, when we arrive at the place, we go to local markets to find local specialties and decide what to use rather spontaneously. The only thing we bring from Tokyo are the spices. It's really fun. We really enjoy discovering local specialties and creating curries from them.

**Do you keep recipes?**

No, not at all. Some people say that it's not that we do not cook the same curries, but that we cannot cook the same curries! [laughs] Sometimes we get a request to reproduce a flavor that we made at a certain event. But we often forget what it was! [laughs] "What curry was that? What ingredients did we use?" Something like that. So we can cook something similar, but we can never reproduce exactly the same flavor, to be honest. [laughs]

**Suppose you got an offer from New York—what curry would you like to make? What kind of specialty ingredients do you have?**

**Well, duck in Long Island, for example.**

Oh, I love that. In Tokyo, gibier [wild game] is booming now. So Tokyo Curry Bancho has a team working on creating gibier curries. The team consists of three gibier hunters and four chefs/spice buyers. The hunters ship what they have caught to each chef's restaurant, and each chef creates an original curry using that meat. That's what we are doing now. So duck curry in New York would be wonderful!

**How about the style of a Duck Curry Event in New York? Would you like to do it in a park, club, or what?**

The club scene in Tokyo is not really dynamic any more. It does not attract many people. How about in New York?

**It's not as dynamic as before, but it's growing again.**

That's great. I would love to do the curry event at a club. What kind of music is in?

**Various styles—there's no specific genre that stands out, but clubs alternate styles and genres daily or weekly. But it seems like clubgoers now love music from the 70s and 80s.**

If that's true, that is more than perfect for Tokyo Curry Bancho! Our DJ members specialize in a genre called Free Soul or Rare Groove. It's a sound based on Black music like jazz, soul, and funk in the 70s. So our DJs have lots of vinyl from the 70s. We also have a bartender who makes exquisite spice cocktails.

**By the way, what do you think is the main appeal of Japanese curry?**

In my opinion, it's the aroma—without a doubt. Compared to other types of dishes, curry gives off a strong aroma. If you see ramen, pizza, and curry in front of you, you smell the curry the most. Then that aroma induces you to eat the curry. I think that is the most distinctive charm of curry.

Tokyo Curry Bancho has served curry at many club events, and I have noticed that club music and curry have something in common. When a single song is played at a club, it reaches all the people in the venue. Similarly, when we start cooking curry at a club, the smell of the spices instantly spreads throughout the venue. So both club music and curry have the power to deliver something to everyone, rather forcefully.

Also, this might be true only for Japanese people, but curry is the ultimate comfort food for them—it is deeply embedded in their hearts. Each Japanese has a special attachment to curry, a feeling that dishes like spaghetti, gyoza dumplings, and ramen can never give. In Japan, each family has its own curry recipe passed down by mothers. Curry is the number-one dish in school meal rankings. People cook curries when they're camping. And when a person leaves home and starts to live alone, the first dish he or she makes is curry. So curry is the dish that stays in Japanese people's lives, and that is why Japanese people have such a special affection for curry.

In Japan, ramen and curry are considered the two most popular comfort foods. But ramen does not have the same intimacy with a person's heart. Ramen is something that people develop their love for after they start eating it at ramen houses, spending their own money. Ramen is not a top-ranking school meal. There is no mother's family recipe for ramen. People don't cook ramen at camp. So ramen and curry are two favorites, but they have completely different characters. And in terms of special attachment to each person's heart, curry is the winner.

**You have traveled around Japan and have enjoyed a tremendous number of local curries. Which local curry do you like best?**

My favorite one is Sapporo soup curry. The curry sauce texture is thin, but it actually tastes full-bodied, just like ramen. It's fatty and powerful, but I like it. The umami from the broth and the aroma from the spices really stand out.

**Does it use chicken broth?**

Yes, it's basically chicken, but the broth has evolved into a blended broth called "double broth" or "triple broth"—blending shrimp broth with chicken, for example. It's been enjoyed for about 20 years, so I believe that today there are 300 to 400 restaurants specializing in Sapporo soup curry in Hokkaido.

**Would you recommend some things to do in Japan for Chopsticks NY readers?**

I would recommend attending a Tokyo Curry Bancho event, but there might not be one that coincides with their travel plans. So I recommend hopping around curry houses. There are various types of Japanese curries and curry houses—I think there are more than 5,000 curry specialty joints in Tokyo. Even if it's not a curry specialty house, there are restaurants that serve superb curry dishes. So go for it and dig into Japanese curry!

**JINSUKE MIZUNO** founded Tokyo Curry Bancho, a live curry cooking unit, in 1998, which goes nationwide Japan to cook original curries upon request. He is also a prolific cookbook author. He recently launched a spice mix brand for home cooking, AIR SPICE.

**ABOUT TOKYO CURRY BANCHO**

www.tokyocurrybancho.com
http://blog.excite.co.jp/tokyocurry
@tokyocurrybancho

# All Things New from Stores, Products to Events

FOOD

## Low Calorie, Gluten-Free Ramen from House Foods

Hearty, savory, and plentiful ramen dishes are irresistible to everyone who loves to eat. But it is not an easy task to find an appropriate one for those who are watching their weight, or have gluten sensitivity. House Foods America, leading tofu producer in the U.S., solved this issue with Tofu Shirataki Ramen, a ready-to-cook ramen starter kit that contains Tofu Shirataki noodles and a soup base.

Shirataki is a traditional Japanese noodle-shaped food made from konnyaku or konjac, an Asian yam. House Foods' original Tofu Shirataki noodle is a unique product that blends tofu with the konnyaku, and is formed into a variety of noodle shapes such as spaghetti, fettuccine, angel hair and macaroni.

The newly released Tofu Shirataki Ramen has only 120-160 calories per serving while it contains as much as 5-8 g of fiber per serving. It is available in three flavors: light and savory Shoyu, bold and enticing Spicy Miso, and rich and creamy Tonkotsu. Preparation is simple: drain and rinse the tofu shirataki noodles, combine it with the soup base, and add your favorite toppings. Bring a healthier, gluten free ramen to your table with Tofu Shirataki Ramen. Available at select Asian grocers.

There are three broth flavors available: Shoyu: A soy sauce based Japanese classic has a light yet savory flavor. Spicy Miso: Perfect combination of salt and spice by adding spicy miso soybean paste; and Tonkotsu: A pork bone broth that has a meatier flavor without the meat.

Just add your favorite toppings to your choice of broth flavor. The idea is astronomical for this healthy substitute for ramen.

**Info** www.house-foods.com

FOOD

## Introducing Prepackaged Japanese Curry for Lunchtime

Fast-casual Japanese curry specialty house, GO! GO! CURRY! serves rich, savory and energy-boosting curry dishes in its six locations in Manhattan and one in Boston. This February, it started a new storefront and delivery service, offering prepackaged curry boxes during busy lunch time from 11 am to 3 pm in the Times Square location only. This helps lunchtime customers avoid waiting in a long line and save time ordering. A prepackaged box contains curry sauce and rice separately and comes with your choice of topping from Teriyaki Chicken or Sliced Beef simmered in dashi broth, both of which are not found on GO! GO! CURRY!'s regular menu. The latter is a popular topping on Japanese "gyudon" beef bowl, and it is a unique marriage with curry sauce. Fast paced New Yorkers can now spare time without sacrificing taste thanks to these new curry bento boxes.

**GO! GO! CURRY! Times Square location**
273 W. 38th St. (bet. 7th & 8th Aves.) | New York, NY 10018 | TEL. 212-730-5555
www.gogocurryusa-ny.com |

FOOD

## Artisanal Japanese Snack Box to Your Door

Adorable, creative, meticulously made and most importantly delicious, Japanese snacks have established a huge fandom outside the country. Such passionate fans of the Japanese snacks launched Bokksu, a subscription based monthly snack box delivery service. Incubated and developed in Columbia University's startup lab, all the snacks were handpicked by the founder directly from snack makers in Japan. Each box contains 18-20 artisanal Japanese snacks that are curated under a theme reflecting Japanese culture and a tea pairing that complements the month's flavors. It also comes with a Tasting Guide that explains each item's story. April's Bokksu theme is "Kuidaore Osaka", a collection of snacks from the gourmet city of "kuidaore" literally meaning "To eat until you drop". Some of the mouthwatering items included in the box are Osaka Choco Tamago, Mayo Rice Crackers, and Takoyaki Corn Puffs. Thanks to Bokksu, now you can enjoy artisanal Japanese snacks without traveling to Japan.

**Info** www.bokksu.com

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**[Ticket Sales Information]** avalonhollywood com
Ticket (Table, VIP & Early Bird GA) will be sold on March 27th, 2017
(Early Bird GA Privilege Priority Entry)
General ticket (Table, VIP & GA) will be sold on April 21st, 2017

### Manhattan, NY Concert
**May 28th 2017** **Theater: Irving Plaza**

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Age Restriction Age 6+, Minors must be accompanied by an adult
**[Ticket Sales Information]** venue irvingplaza.com
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**Summer Drink Issue**


P.08 **Ideas and Tips to Enjoy Summer Drinks**

If you like to make cold drinks colder, what do you do? Put ice in it? Chill it in the freezer to bring it to ice cold temperature? But if you want more, here are some ideas that Japanese people have employed to bring coolness to their summertime drinks

P.10 **Chill Out with Japanese Drinks**

P.13 **Shop List**

# Ideas and Tips to Enjoy Summer Drinks

*During New York's sweltering summer, people crave ice-cold drinks. In Japan, there are some methods that go beyond using ice to make your drinks even more refreshing. Here, we introduce some ideas that Japanese people have employed to bring coolness to their summertime drinks.*

## Step 1: Incorporate Natural Materials

When you start wearing summer clothing instead of your winter wardrobe, you likely put aside your wool and Gore-Tex® for cotton and linen. The same approach should apply to your table. Using natural, summery table linens in brighter, cooler colors—such as blues or greens—and light, translucent fabrics will give your table a refreshing look. A wooden, unpainted table will make you feel as though you are in a forest shaded from the sun. If your tabletop doesn't look like this, you could use a wooden tray that is unpainted or painted in a light color, or a lattice mat. This will bring a forest-like ambiance to your table.

As for drink-ware, you might naturally choose glass. Ceramics are not really summery, so glassware is recommended even for sake cups. Translucent items not only let in light but also reflect it to brighten up your table.

## Step 2: Add a Little Bit of "Haiku" Taste

When writing haiku, you should use at least one *kigo*, a seasonal word. You can apply this concept to your table setting—in other words, you should add some subtle seasonal touches. For example, table linens with patterns and objects that evoke water, plants, and summer events will give your table a summery feel. Yukata and kimono patterns often cleverly incorporate these visual motifs. To translate this to your table, try to find tenugui (traditional Japanese cotton towels) and furoshiki (traditional Japanese wrapping cloths) with seasonal patterns—you can use these as table linens. A tenugui featuring a goldfish swimming in a stream (shown below) suggests coolness. Hydrangeas in the rain, morning glories, willows, and waves are other typical summer patterns.

## Step 3: Flip the Seasons and Bring Winter to Your Table

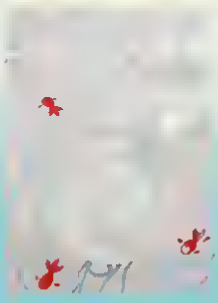
If we hear the sound of a stream or wind chime, we instantly feel cool, even if the temperature does not actually drop. This is an effect of Pavlovian conditioning, and it can be utilized to create cool table settings. Use items that make you think about winter, such ones featuring snow, icebergs, frost, and icicles. If you have frosted glassware, that's perfect. In Japan, there is glassware that has a cracked appearance, which reminds people of cracking ice. Chopstick rests made of glass can be an effective table accessory, too.

Following this approach, you could use snow-patterned fabrics, but make sure to avoid Christmas-themed ones in red and green because they focus more on the warm aspect of the season than the chilly side. (You must use your imagination in working with the seasons.) If you incorporate some of these suggestions into your summer table, you'll be amazed by how much cooler your drinks will seem!

This blue and green sake cup sits atop leaf skeletons which can be used as coasters as well.

This slate coaster with rough edges evokes nature and complements the half frosted glass with rough iceberg-like carvings.

A bamboo *makisu* is used in making sushi rolls, but here you can use it to give your summer table setting a natural feeling.



Using this tenugui with goldfish swimming through a stream can bring a refreshing feeling to your table. Glasses with cracking patterns will also help you imagine breaking ice and its accompanying cold weather.

# Japanese Liquors in Summer Styles

Sake and shochu are the two most popular Japanese native liquors, and both of them can be enjoyed hot and cold. It's preferred to drink them chilled during summertime, but here we share some of the coolest ways

## Make It Light and Sparkle

With more or less 15% alcohol content, sake is usually drunk as is but you can tweak this custom in the hot season. Add a little bit of soda to full-bodied or higher alcohol content sake to make it light and sparkle. When you do this, you do not want to spoil the beautiful and delicate flavor of the sake. So, it is recommended to try sparkling sake that are available in the market. There are different kinds, one with natural carbonation through fermentation, one with carbonation added later, and one cut with soda. Some of them also have added fruit flavors to give a little more refreshing impression. Shochu, with higher alcohol content (about 20-35%), is usually enjoyed on the rocks or by cutting with cold water, and it naturally goes with soda as well. Fruit liquors such as ume-shu and yuzu-shu are also great when mixed with sparkling water.

## Play with Nigori-zake

Sake with remaining rice sediment, Nigori-zake, coarsely filtered sake, has a beautiful milky color. It also has enough body to play with unconventional styles. Toshiyuki Koizumi, Wasan Brooklyn's owner and sake sommelier, shared how to incorporate nigori into summer drinks in non-traditional ways. Nigori and Frozen Fruits is super easy to make: just pour nigori over your favorite frozen fruits such as bananas, peach, mango, and berries. Flavor varies depending on the fruits, but bananas and mangos with nigori has a tropical flavor while berries with nigori boasts a refreshing taste. With a snow-white color and a sparkling sensation, Nigori and Seltzer, just like regular sake and soda, can be a great summer drink. Nigori Affogato is something you might have never thought of. It's also super easy to make, just pour nigori over your choice of ice cream or sorbet. Nigori is perfect for this style, but aged sake and aged shochu can also make tasty affogato.

*Nigori-zake drink recipes courtesy of Wasan Brooklyn
(449 Bergen St., Brooklyn, NY 11217 / TEL: 347-725-3550 / www.wasan-ny.com)

There is a variety of nigori-zake from high alcohol content to lower, dry to sweet, more rice sediment to less. Nigori with more rice sediment adds a frosty look to this dessert/cocktail.

Mango sorbet and nigori-zake affogato style is a summery choice. You are free to use any ice cream flavors like vanilla, chocolate, and matcha, but fruit flavors are recommended for summer.

# Traditional Japanese Summer Drinks: Cold Tea Variations

## Cold Mugicha

The summer drink that Japanese people enjoy most regularly is perhaps cold mugicha, barley tea. The nutty aroma of this mineral-rich and caffeine-free drink is particularly enticing. Every household keeps mugicha in the fridge in warm months to quench thirst and keep people hydrated.

## Cold-Brewed Green Tea

Green tea is rich in vitamins and polyphenols, so drinking some green tea each day—either hot or cold—is quite nutritious. Japanese people like to drink green tea hot even in summer. Drinking too many cold drinks could lead to excessively low body temperature and lethargy and sluggishness in an air-conditioned room. It makes sense then to drink hot green tea during the summer, but if you don't really buy this idea, try cold-brewed green tea. Cold-brewed green tea produces a sweeter taste profile than green tea made hot and then chilled in the fridge. You can just soak loose green tea leaves in cold water, let them sit for a couple of hours, and then strain the tea. A straining paper bag (shown in the photo below and available at Japanese grocery stores) allows you to avoid making a mess when discarding the tea leaves. If you don't have loose leaves, you can also use a couple of green tea bags.

**How to Make Cold-Brewed Green Tea**

1. Put 2–3 tablespoons of green tea leaves into a straining paper bag and fold the top of the bag.
2. Soak the bag in a jar filled with 3 cups of cold water.
3. Let it steep in the fridge for 2-3 hours.

## Cold Matcha, Two Ways

In Japan, matcha green tea is usually enjoyed warm because it is believed to be the best way to experience the features of high-quality green tea. Cold matcha is not as common as its warm counterpart, but it still brings out the exquisite taste of matcha. There are two ways to make cold matcha.

**A**

1. Put ½ teaspoon of matcha powder in a small bowl. (You can use a café au lait bowl.)
2. Add 3.5 ounces of warm water (about 175 °F), and whisk quickly until the matcha powder has completely dissolved in the water.
3. Put ice in a serving cup or bowl and pour the warm matcha gently over it.

**B**

1. Put ½ teaspoon of matcha powder in a small bowl.
2. Add 4 ounces of ice cold water, whisk quickly until the matcha powder has completely dissolved in the water, and serve.

Cold matcha A has a mild taste, while B is sharp and dry.

# CHILL OUT WITH JAPANESE DRINKS

Introduced here are ten Japanese drinks that will bring coolness to your summer.

## CHOYA TOKYO-Q MULE

CHOYA Tokyo-Q Mule is a simple umeshu based cocktail with big flavor. Umeshu is a traditional Japanese liquor made with ume fruit that is very refreshing, with the perfect balance of tangy and sweet. Mix umeshu and Q Ginger Beer, a spicy, all-natural soda with invigorating bubbles, in a Collins glass with some ice. Top it off with a splash of lime, and it will uplift your spirit with the flavor that is sweet, tart, spicy and refreshing all in one.

**Choya Umeshu USA Inc.**
www.choya.com

## CHOYA YUZUSSHU

Yuzusshu is the first non-alcoholic yuzu flavored sparkling sake in the U.S. Yuzu is a citrus that grows in Japan, and its flavor is similar to grapefruit with definite overtones of mandarin orange. Made without any flavor enhancer or preservatives, Yuzusshu captures the fresh and lively flavor of yuzu. Its uplifting flavor with a clean finish and a pleasant fizz will make it an excellent alternative to a regular yuzu sake or beer to go along with your meal.

**Choya Umeshu USA Inc.**
www.choya.com

## GASANRYU KISARAGI

GASANRYU Kisaragi is a medium dry daiginjo sake characterized by a gorgeous aroma and a light clean flavor. Serve it cold to enjoy its fruity aroma reminiscent of melon, pear and peach. It goes well with a wide variety of dishes and pairs wonderfully with minimally seasoned dishes such as sushi, sashimi and chicken. Pour it in a glass that is cooling to the eyes, and it will make a perfect companion for your meal during the hot summer months.

**Shunde Seke Brewery Co., Ltd**
www.kurauzaemon.com/en

## GEKKEIKAN ZIPANG

Bright and lively with a hint of tropical fruits, ZIPANG is a naturally carbonated sparkling sake with low alcohol content. Its refreshing flavor and clean finish is wonderful with light appetizers. It also compliments spicy food well with its medium bodied sweetness. Serve it chilled and it is delicious on its own, but try it as a Mimosa with freshly squeezed orange juice or a Bellini with peach nectar for a delightful summer time treat.

**Gekkeikan Seke Co., Ltd**
www.gekkeikan-seke.com

## GINJO-SHU 'AZURE' TOSATSURU

Azure is a ginjo sake made with deep sea spring water from off the shore of the local Muroto cape. This water has traveled for two thousand years beneath the deep ocean floor and is well-balanced in mineral content. It is dry and smooth with a refreshingly clean aftertaste and pairs wonderfully with a wide variety of dishes. Serving it chilled, at night up is the best way to savor its clean, well-balanced flavor, but try it on the rocks to enjoy its beautiful smoothness.

**TOSATSURU SAKE BREWING CO., LTD.**
www.tosatsuru.co.jp

## KOSHUJIKOMI UMESHU

One of the finest plums in Japan, Nankoubai plums from the Kishu region are used to create Koshujikomi Umeshu. These plums are infused with a smooth junmai sake matured for 3 years and the sweetness and the depth of flavor in this sake complements the acidity of the plums harmoniously. Citric acids in plums are known to help relieve fatigue and increase appetite, so try it as an aperitif in the summer or enjoy it frozen as a sherbet.

**SAWANOTSURU CO., LTD**
www.sawanotsuru.co.jp/site | @sawanotsuru

## LENTO

Lento is a shochu aged by the "onkyo jukusei" (acoustic aging) method, in a cellar with the sound of classical music, for three months. The result is a round aroma and clean flavor, which goes well with a wide variety of cuisines. Its light flavor with an underlying sweetness makes it a great cocktail base for Cosmopolitans and Martinis, but if your palate calls for something simple, mix it up with orange or grapefruit juice to make it a versatile summer drink.

**Amami Oshima Kaiun Brewing Corp**
www.lent.co.jp | Bikaun lento

## MIO SPAAKLING SAKE

Crisp and sweet with a hint of apple and pear, MIO is a sparkling sake crafted in the traditional brewing style, using nothing but Japanese rice, koji and water. The Japanese character "Mio" symbolizes the white foam that trails behind a ship, and this refreshing sparkling sake with gentle bubbles is sure to brighten up any festive occasion. It also comes in an elegant blue bottle designed to give a cooling impression. Enjoy it chilled with appetizers or dessert.

**Takara Saka USA Inc.**
www.takarasake.com

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**SAPPORO U.S.A., Inc.**
www.sapporobeer.com

## YUKI NIGORI (WHITE PEACH)

In the old days, Japanese people used to drink amazake, a sweet drink made from fermented rice, to combat summer time fatigue. Nigori sake is very similar to amazake in nutritious value and can be enjoyed in a similar way. Yuki nigori is a flavored nigori sake with a mellow, smooth body and an uplifting, sweet aroma of white peach. Serve it chilled, and it is great as an aperitif or a dessert drink in the summer time. Lychee and Coffee flavors are also available.

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*LENTO Cocktail for Summer*

## LENTO Cosmopolitan

Ingredients

1 1/3 oz. LENTO
1/2 oz. Cointreau
1/3 oz. lime juice
1 oz. cranberry juice
1 tsp Monin sakura syrup

Shake all the ingredients and strain into a cocktail glass. Twist the lemon peel

Acoustic equipment is affixed to the shochu storage tanks For three months Lento matures while "listening" to classical music, which flows from the speakers on to the tanks. The rich, melting sensation, the mellow and smooth mouth-feel are realized through the fusion of tiny particles caused by the acoustic vibrations, and through the love of the brewers.

JFC INTERNATIONAL INC Distributed by JFC International Inc / Tel 908-525-4400 Amami Oshima Kaiun Brewing Corp / www.lento.co.jp

# Grocery & Sake Guide

The following is a list of stores where you can buy Japanese food and liquor.

★ Chopsticks NY available to pick up

## GROCERY

**M2M B'way & 114th**
2935 Broadway (bet. 114th & 115th St.) 212-280-4800 — Japanese

**Donobe Midtown West***
36 W. 56th St. (bet. 5th & 6th Ave.) 212-707-1525 — Japanese

**Donobe Midtown East***
123 E. 47th St. (bet. 3rd & Lexington Ave.) 212-755-7380 — Japanese

**Katagiri & Co., Inc***
224 E. 59th St. (bet. 2nd & 3rd Ave.) 212-755-3580 — Japanese

**NIIGATA***
12 East 45th St. (bet. 5th & Madison Ave.) 212-813-1005 — Japanese

**Seerise Mart Midtown***
12 E. 41st St. (bet. 5th & Madison Ave.) 646-380-9280 — Japanese

**TOMIYA***
239 E. 53rd St. (bet. 2nd & 3rd Ave.) 212-310-7311 — Japanese

**H Mart Hoe Ak Reem**
25 W. 32nd St. (bet. 5th Ave. & Broadway) 212-695-3283 — Korean

**Woorijip**
12 W. 32nd St. (bet. 5th Ave. & Broadway) 212-244-1115 — Korean

**Donobu Greenwich Village***
457 6th Ave. (bet. 12th & 13th St.) 212-645-0237 — Japanese

**Jepee Premium Beef**
57 Great Jones St. (bet. Bowery & Lafayette) 212-260-2333 — Other

**M2M E. Village**
55 3rd Ave. (bet. 10th & 11th St.) 212-353-2690 — Japanese

**Suerise Mart Astor Pl.***
4 Stuyvesant St. 2 Fl. (bet. 9th St. & 3rd Ave.) 212-598-3040 — Japanese

**New Kam Man, LLC.***
200 Canal St. New York, NY 10013 212-571-0330 — Chinese

**Ni Japeese Delicacies**
120 Essex St. (bet. Rivington & Delancey St.) 646-675-4324 — Japanese

**Rosetta Wines***
40 Exchange Pl. (bet. William & Broad St.) 212-361-0007 — Other

**Tokyo Mert***
91 Mulberry St. (bet. Bayard & Canal St.) 212-962-0422 — Japanese

**Suerise Mart SoHo***
494 Broome St. (bet. Wooster St. & W. Broadway) 212-219-0333 — Japanese

**Midonya***
187 N 9th St. (bet. Bedford & Driggs Ave.) 718-599-4690 — Japanese

**Family Market***
29-15 Broadway Astoria, NY 11106 718-956-7325 — Japanese

**H & Y Marketplace**
150-51 Northern Blvd. Flushing, NY 11354 718-461-1911 — Korean

**H Mart Northern 156**
156-40 Northern Blvd. Flushing, NY 11354 718-998-0005 — Korean

**H Mart Northern Blvd.**
141-40 Northern Blvd. Flushing, NY 11354 718-358-0700 — Korean

**H Mart Union**
29-02 Union St., Flushing, NY 11354 718-445-5656 — Korean

**H Mart Williston Park***
400 Hills de Ave. Williston Park, NY 11596 516-499-0270 — Korean

**H Mart Woodside**
53-15 Woods de Ave. Flushing, NY 11377 718-440-0750 — Korean

**Sakera-ya***
73-05 Austin St. Forest Hills, NY 11375 718-268-7220 — Japanese

**Tokyo foods***
45-08 44th St. Sunnyside, NY 11104 718-392-2233 — Japanese

**H & Y Marketplace**
478 Plainview Rd. Hicksville, NY 11801 516-935-4041 — Korean

**H Mart Great Neck***
435 Great Neck Rd. Great Neck, NY 11021 516-482-3113 — Korean

**Nora Jepeese Foods***
1804 Main St. Port Washington, NY 11050 516-883-1836 — Japanese

**Shin Nippoe Do***
63 Mineola Ave. Roslyn Heights, NY 11577 516-625-1914 — Japanese

**DAIDO**
522 Mamaroneck Ave. White Plains, NY 10605 914-948-6735 — Japanese

**Fuji Mart Scarsdale***
118 White Plains Rd. Scarsdale, NY 10583 914-472-1488 — Japanese

**H Mart Hartsdale***
371 North Central Ave. Hartsdale, NY 10530 914-948-8688 — Korean

**Kam See Foods***
22 Barker Ave. White Plains, NY 10601 914-428-4500 — Korean

**NIJIYA Market***
18 N. Central Ave. Hartsdale, NY 10530 914-948-2178 — Japanese

**Dishiobo***
283 Halstead Ave. Harrison, NY 10528 914-835-4390 — Japanese

**Asion Market**
91 Colvin Ave. Albany, NY 12203 518-458-5166 — Chinese

**Feeheg fee**
3716 Park Ave. Weehawken, NJ 07086 201-713-9995 — Japanese

**Food Bazaar**
425 Anderson Ave. Fairview, NJ 07022 201-499-5674 — Japanese

**H & Y Marketplace**
1 Ramsen Pl. Ridgefield, NJ 07657 201-943-7400 — Korean

**H & Y Marketplace**
433 S. Washington Ave. Bergenfield, NJ 07621 201-384-8269 — Korean

**H Mart Cherry Hill**
1720 Marlton Pike E. Cherry Hill, NJ 08003 856-489-4611 — Korean

**H Mart Englewood**
25 Lafayette Ave. Englewood, NJ 07631 201-871-9922 — Korean

**H Mart Little Ferry**
260 Bergen Tpke. Little Ferry, NJ 07643 201-814-0400 — Korean

**H Mart Ridgefield**
321 Broad Ave. Ridgefield, NJ 07657 201-943-9600 — Korean

**Hoe Nam Chain***
1475 Bergen Blvd. Fort Lee, NJ 07024 201-224-0026 — Korean

**J MART**
44 Chestnut St. Ridgewood, NJ 07450 201-857-5758 — Japanese

**Mitsuwa Merketplace***
595 River Rd. Edgewater, NJ 07020 201-941-9113 — Japanese

**Ridgewood Fisheries**
30 Prospect St. Ridgewood, NJ 07450 201-670-0882 — Japanese

**Fuji Mart Connecticut***
1212 Putnum Ave. Old Greenwich, CT 06878 203-698-2107 — Japanese

**Milhoa Asian Market**
15 Orange St. New Haven, CT 06510 203-782-1234 — Other

**Mondo***
30 N. Narberth Ave. Narberth, PA 19072 610-747-0557 — Japanese

**Tokya Jepeese Stora**
5955 Ellsworth Ave. Pittsburgh, PA 15232 412-661-3777 — Japanese

## SAKE

**Gotham Wines & Liquors***
2517 Broadway (bet. 93rd & 94th St.) 212-532-0390 — Sake/Shochu

**Naccy Wine's**
313 Columbus Ave. (bet. 74th & 75th St.) 212-877-4040 — Sake/Shochu

**Gernet Wine & Liquors***
929 Lexington Ave. (at 68th St.) 212 772-0211 — Sake/Shochu

**Mister Wright***
1693 3rd Ave. (bet. 93th & 90th St.) 212 722 4564 — Sake/Shochu

**Ambassador Wine & Spirits***
1020 2nd Ave. (at 54th St.) 212-421-5078 — Sake/Shochu

**Bookman Liquors**
500 Lexington Ave. (bet. 47th & 48th St.) 212 756-5857 — Sake

**Landmark Wine***
187 W. 23rd St. (at 7th Ave.) 212 242-2323 — Sake/Shochu

**MJK liquor**
151 3rd Ave. (bet. 15th & 16th St.) 212-475-9165 — Sake/Shochu

**Union Square Wine & Spirits**
140 4th Ave. (at 13th St.) 212-575-1100 — Sake/Shochu

**SAKAYA***
324 E. 9th St. (bet. 1st & 2nd Ave.) 212-505-7253 — Sake/Shocho

**Rosetta Wines***
40 Exchange Pl. (bet. William & Broad St.) 212 361-0007 — Sake

**Granyette Wine & Spirits***
137 Grand St. (bet. Crosby & Lafayette St.) 212-925-1238 — Sake/Shochu

## JAPANESE WHOLESALER

**Central Boeki U S A., Ltd.**
55-30 48th St. Maspeth, NY 11378 718-729-6969 — Food

**Dairei Tradieg Co., Inc.***
14-50 128th St. College Point, NY 11356 718-535-4100 — Food/Sake

**JFC International Inc.***
55 Wildcat Way Linden, NJ 07036 908-525-4400 — Food/Sake

**NY Mutuol Tradieg Inc**
77 Metro Way Secaucus, NJ 07094 201-333-0555 — Food/Sake

**PMAI**
600 Dell Road Carlstadt, NJ 07072 201-438-0445 — Beauty Products

**Wine of Japon Import, Inc**
235 West Parkway Pompton Plains, NJ 07444 973-835-6565 — Sake

**Wismettac Asien Foods, Inc.**
602 Washington Ave. Carlstadt, NJ 07072 201-804-1600 — Food/Sake


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New!

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kikkoman

Kikkoman Takumi Korean BBQ makes it easy to bring Korean BBQ flavor to your favorite dishes. It is crafted with a perfect balance of soy sauce, ginger, garlic and sesame oil, plus apples and pears for an authentic taste.

It can be used as a marinade or just a finishing touch. Use this versatile sauce to boost your food's flavor and transform any food into a savory-sweet specialty.

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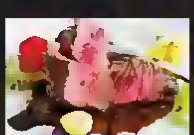
Bold & Delicious in 5 Great Flavors!



Each of the sauces combines a unique blend of seasonings, herbs and spices to Kikkoman's proprietary recipe for an authentic teriyaki sauce. The result is a versatile sauce that imparts a delicious taste no matter how it's applied. It is great for marinating, basting or dipping. It's also a perfect foundation for stir-frying.

# Healthy, Hearty Cooking

Powered by Cookpad

Featured ingredient

## Tofu

Tofu is a staple ingredient in the pantry of every health conscious person. Here we share two recipes from Japanese home chefs who really understand the features of tofu.

## Shrimp & Asparagus Tofu Gratin

By Miyuki Suyari (Gluten-Free)

**Ingredients** Serves 2

❑ 1 pack (300g) firm tofu ❑ 1/2 tbsp + 1 tbsp olive oil ❑ 3 tbsp skimmed milk powder (optional) ❑ 1 pinch salt ❑ 1/4 onion ❑ 100 g peeled shrimp ❑ 4-5 asparagus spears ❑ Salt & pepper to taste ❑ 1 tbsp sake (rice wine) or white wine ❑ 3/4 cup shredded cheese

**Directions**

**1.** Wrap the tofu in a paper towel and place it on a microwavable plate and microwave (600 Watt) for 3 minutes. Set aside to cool. (The water will come out as it cools.) **2.** Break away the hard end of the asparagus and cut horizontally in one inch length. Thinly slice the onions. **3.** Clean the shrimp by sprinkling it with corn starch and 1 tablespoon of sake (rice wine) or water. Gently squeeze them between your hands so that the dirt and gunk will transfer to the starch. Once the starch has turned greyish in color, rinse it under cold water and drain. **4.** Heat the skillet on medium heat and add 1/2 tablespoon of olive oil. Sauté the onions for 1 minute. **5.** Add the asparagus in the skillet and fry for 1 minute, then add the shrimp. Once the shrimp has turned color, season with salt and pepper. Sprinkle sake and fry until it has evaporated, and remove from heat. **6.** Transfer the shrimp mixture to a gratin dish. **7.** Preheat the oven to 425 °F or 220 °C. **8.** Squeeze the tofu over the paper towel to remove excess water. Place it in a bowl or a cup, add the olive oil, skimmed milk powder and salt and mix with a food processor until smooth. **9.** Pour the tofu over the shrimp mixture, top with shredded cheese and bake in the oven for 10 to 12 minutes.

www.cookpad.com/uk/recipes/1907622

**Miyuki Suyari**

Hi, I'm Miyuki and I teach cooking in English and Japanese in Tokyo. I'm a busy working mom of two boys, so my recipes are really quick and nutritionally well balanced. Come and visit my website! www.simplyoishii.com simplyoishii

## Tofu Hamburg Steak

By Cooking circle WARIBASHI

**Ingredients** Yields 5-6

❑ 1 pack medium firm tofu ❑ 250 g (about 9 oz) ground pork (50%) and beef (50%) ❑ 1 onion, minced ❑ 3 tbsp panko bread crumbs ❑ Salt and pepper to taste ❑ Nutmeg to taste ❑ 1 egg

**(For mushroom sauce)**

❑ 150 cc (about 3/5 cup) water ❑ 1 tbsp dashi powder ❑ ½ pack shimeji mushrooms (Can be substituted with 100g maitake mushrooms) ❑ 1 tbsp soy sauce ❑ 1 tbsp mirin ❑ 1 tsp ginger, grated ❑ 1 tbsp katakuri-ko (Can be substituted with corn starch)

**(For garnish)** ❑ 1/2 daikon radish, grated ❑ Shiso leaves, broccoli, tomato

**Directions**

**1.** Saute minced onion until golden brown. **2.** Pat-dry tofu. **3.** Put sauted onion, tofu, ground meat, panko, salt, pepper, nutmeg and egg into a bowl. Mix well. **4.** Form the meat mixture into 5-6 patties. **5.** Heat 1 tablespoon oil (not included in the ingredient list) in a pan over medium heat, and saute one side of the patties. **6.** Flip the patties, cover the pan with a lid and steam for 3 minutes over medium heat. **7.** Remove the lid and brown both sides of the patties over high heat. **8.** While steaming the patties, put water, dashi powder, shimeji mushrooms, soy sauce, mirin and ginger into a sauce pan and bring it to a boil. **9.** Dissolve katakuri-ko with one tablespoon of water. **10.** Reduce the heat under the sauce mixture and add katakuri-ko solution. Stir well until the sauce thickens. **11.** Plate the patties on a plate, pour the mushroom sauce and top with grated daikon radish. Serve with julienned shiso leaves, tomato, and boiled broccoli.

www.cookpad.com/uk/recipes/2100935

**Cooking circle WARIBASHI**

Hello, we are cooking circle WARIBASHI. All our members are students of Hosei University in Tokyo, Japan. We like cooking. Cooking makes everyone smile. Let's cook! hosei_WARIBASHI

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Cookpad is the largest recipe sharing service in the world. Over 2.6 million user recipes have been posted on Cookpad to date and 63 million users visit the site each month in Japan. Since 2014, Cookpad has expanded internationally and now operates in over 17 languages, 60 countries, and attracts an additional 35 million users per month outside of Japan.

# Ultimate Gluttonous Combo: Gyoza Dumplings and Donburi Rice Bowl

Fulfilling gyoza dumplings meet donburi bowls—It is a super combo that satisfies even those who have a big appetite. Here are two gyoza donburi recipes.

## Vegetable Gyoza and Salad Rice Bowl

**INGREDIENTS** (Serves 2)

- ☐ 6–8 vegetable gyozas
- ☐ 3–4 cups cooked Japanese sushi rice
- ☐ 1/2 avocado diced
- ☐ 10 mini tomatoes
- ☐ 1 cup baby kale
- ☐ Mint leaves to garnish

**Dressing**

- ☐ 1/2 cup ponzu
- ☐ 4 tbsp sesame oil
- ☐ 1 tbsp grated ginger

**DIRECTIONS**

1. Put 1 serving of rice in each serving bowl.
2. Top with baby kale, diced avocado, halved baby tomatoes and some mint leaves.
3. Pan fry Day-Lee Pride vegetable gyoza according to the instructions on the back of the bag.
4. Serve pan fried vegetable gyoza atop vegetables in rice bowl.
5. Mix all the ingredients for dressing well.
6. Pour dressing before eating.

**Tips** You can use any kind of vegetables and herbs you like. You can add more or less of ginger to the dressing to match your preference.

## Chicken Gyoza Oyako-don

**INGREDIENTS** (Serves 2)

- ☐ 8–10 Day Lee Foods chicken gyoza
- ☐ 1/2 sweet onion thinly sliced
- ☐ 2 stalks green onion
- ☐ 2 tsp oyster sauce
- ☐ 3 tbsp sake
- ☐ 3 tbsp mirin
- ☐ 2 tbsp soy sauce
- ☐ 1 tsp sugar
- ☐ 1/4 cup water
- ☐ 4 eggs
- ☐ 3–4 cups cooked sushi rice

**DIRECTIONS**

1. In a non-stick pan, bring oyster sauce, sake, mirin, soy sauce, sugar and water to a boil.
2. Add sliced onion and let it cook for 3 minutes.
3. Add chicken gyoza and simmer for another 3 minutes.
4. Slice green onion diagonally into 1/2 inch long pieces.
5. Beat eggs in a bowl.
6. Pour 1/2 of beaten eggs over the simmering onion and gyoza. Gently mix and let egg set.
7. Drizzle around the rest of the beaten eggs and sprinkle scallion on top. Cover the pan with a lid and lower the heat.
8. When egg is almost set, turn off the heat and let it stand for 2 minutes.
9. Put rice into individual bowl and top it with egg, onion and gyoza mixture with soup.

**Tips** You can add thinly cut nori seaweed and/or Japanese 7 spice chili powder (shichimi) for extra flavor. Enjoy.

Distributed by JFC INTERNATIONAL INC www.jfc.com

**New York Branch** Tel 908 525-4400 | 55 Wildcat Way, Linden, NJ 07036
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# JAPAN Fes.

# JAPANESE STREET FES with Ramen Contest

## April 23rd (Sun) 10am-6pm

**LOCATION:** Queens/ Steinway (bet. Broadway & 34th ave)
**ADMISSION:** FREE

### Stop by the booth presented by CHOPSTICKS NY

Chopsticks NY will be offering some Japanese desserts featured in its February issue "Japanese Sweets" at their booth. The back numbers of the magazine will be also available for you to pick up.

Come and enjoy this year's JAPAN Fes. in Astoria, Queens featuring a wide range of great Japanese food, arts, crafts, services, cool performances and awesome Japanese products. There will be over 60 exhibitors, and our popular Ramen Contest will be held during the festival. JAPAN Fes. is fun for all ages, so please bring your family and friends to cerebrate Japanese cultural in Astoria all day long!

**We're also bringing**
**"Street Ramen Contest"**
**this Spring!**

**April 22th in Chelsea**
(6th ave. bet. 24th-25th st.)

Explore an array of Japanese ramen styles at this tasting extravaganza. Ramen shops hailing from NewYork, New Jersey, Boston and even Japan will go head to head to see who will be crowned the ultimate champion – as voted on by Fes attendees.

**Mendokoro Wakamusha** (Fukushima, Japan) / **Manya Masamuna** (Miyagi, Japan) / **Kacho Hu Gatsu** (Yamagata, Japan) / **Yuma Wo Katara** (Boston) / **Snappy Ramen** (Boston) / **Batten Ramen** (New Jersey) / **Shuya Cafe de Ramen** (NewYork) / **Mantoku** (New York) / **Kogana Raman** (New York) / **Uminoie** (New York) ...and more!

**japanfes.com**

## Japanese Restaurant Review

Ikinari Steak
Totto Ramen Next Door
Yama Ramen

## Listing

Japanese Restaurant

## Ikinari Steak

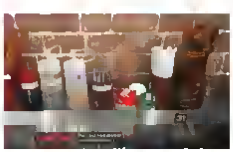
NEW!

90 E 10th St (bet 3rd & 4th Aves) New York NY 10003
TEL 917 386 3546 | www.ikinaristeakusa.com
Mon-Sun 11 am-11 pm

Fast casual fine dining might sound oxymoronic, but it completely makes sense in the hugely popular Japanese steak house, Ikinari Steak. It has already created a fandom since it opened its first U.S. outpost in the East Village early March. There is neither grand table nor cushy chair in the restaurant, but it has all the elements that excite steak connoisseurs, meat lovers and experience-driven millennials. First, you order steak by the weight. Second, each slice of meat is freshly cut in front of you and grilled to your liking. And finally, you dig in to the sizzling steak at a standing counter bar. Four meat options are on the menu: *Ribeye*, *Sirloin*, *Filet* and *Assorted*, and all are wet aged to perfection. "Unlike dry aged beef, the wet aging process allows meat to retain its tenderness," says Chef Masataka Oda. Although you can choose your favorite size of the meat, a minimum order limit applies. "Steak needs a certain thickness to enjoy best," he continues. Ikinari's fun aspect does not end there; you are the person to complete the steak, so it is served without sauce. You can add sauces and seasonings, available on the counter, to your taste. Ikinari's original soy-based sauce is so addictive that you can even buy the bottle on your way home if you want.

Best selling *Ribeye* costs 9 cents per gram. Being translated, $45 per 500 grams (17.6 ounce) is a steal.

You can choose the degree of grilling from rare, medium rare, medium and well-done, but the restaurant highly recommends rare to enjoy their masterfully wet-aged beef.



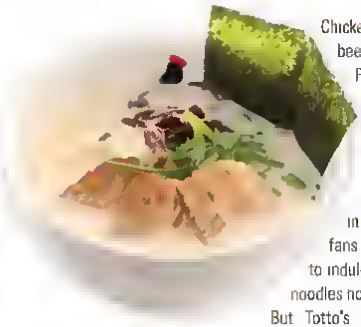
You can freely use sauces and seasonings on the counter and complete your steak by yourself.

Standing bar is Ikinari Steak's signature. If you need a chair, there is also a seating area in the back.

| 3 Best Sellers | | |
|---|---|---|
| | Ribeye | 9 cents per gram |
| | Filet | 11 cents per gram |
| | Garlic Pepper Rice | $6 |

## Totto Ramen Next Door

366 W. 52nd St. (bet. 8th & 9th Aves.) | New York, NY 10019
TEL: 212-459-1900
Mon-Thu: 4:30-11 pm, Fri: 4-10 pm, Sat & Sun: 12 pm-10 pm



Chicken based stock has been the mainstay of Totto Ramen since it opened 7 years ago, and it has, without a doubt, done the restaurant proud. Because of it, Totto is among the most admired in the city, with legions of fans lining up in Hells' Kitchen to indulge in piping hot bowls of noodles no matter what the season. But Totto's latest outpost – Totto Ramen Next Door, which is literally next door to the original – is taking the gamble that its tonkotsu (pork based) broth is as equally delicious. At first slurp, it's not only perfect, but also unlike the heavier type of tonkotsu stock that is usually expected. The soup at Totto is deliberately composed to be lighter, and diners will relish in how flavorful, yet delicate the broth is in comparison to what they might have experienced in the past. This outpost gives Totto fans an opportunity to try something a little different, while enjoying all of their favorite elements – the beautiful roast pork, the fresh vegetables, and the perfectly wavy noodles. Try the miso flavor, which comes in a spicier version for those who like to feel heat. But for the super hungry, nothing else may satisfy more than the *'Mega' Char Siu Tonkotsu*, whose extra portion of pork may put you over the edge in the best, most indulgent way possible.

If you still don't believe that the *Mega Char Siu Ramen* can fill up even the most voracious of appetites, here is a picture to prove it.

There's no counter, but at Totto Ramen Next Door, you can face your dining companion to see who's the better slurper.

However, if you are somehow still hungry, these dependable pork buns should do the trick.

**3 Best Sellers**

- **Mega Char Siu Tonkotsu** $16
- **Spicy Miso Tonkotsu** $14
- **Spicy Tonkotsu** $13

## Yama Ramen

60 W. 48th St. (bet. 5th & 6th Aves.) | 2nd Fl., New York, NY 10036
TEL: 212-832-6688 | www.yamaramen.com
Mon-Fri: 11 am-11pm, Sat: 12 pm-11 pm

Yearning for the perfect Japanese comfort food? Food lovers rejoice, as Yama Ramen joins Manhattan's comfort dining scene. If you're casually strolling by, stop in and try a best-seller such as their famed *Tonkotsu Ramen*, featuring a buttery-smooth braised pork belly in a twelve-hour-simmered pork bone broth. This hearty dish is perfectly paired with veggie options like the *Kale Salad* featuring crispy sweet potatoes and tangy miso dressing. Yama Ramen also serves various piquant options enjoyed by the eatery's array of international tourist clientele alongside local visitors. Worth trying is the signature spicy *Kimchee Ramen*, a steamy soup concoction with bits of ground pork, kimchi, cabbage, egg and scallions. *Angry Ocean* is a sushi roll featuring a medley of spicy salmon, yellowtail and spicy tuna with crispy bonito flakes. The restaurant's artful sushi presentation will stir up your appetite, so snag a roll or two at the bronze-lit raw bar with a bottle of beer or sake. Dining tables are cleverly equipped with stowaway bags and add an extra touch of comfort as you sip and savor under dimly lit sunset-hued lighting. At Yama Ramen, delectable dinner dates and impromptu lunches await you.

Looking for a little heat? Try the signature *Kimchee Ramen* highlighting kimchee and spicy meat sauce (left). It is perfectly paired with *Crispy Brussels* (right).

The chefs artfully prepare colorful, savory and creative sushi rolls.

The earth-toned interior and bronze hue lighting make for a tranquil and calm dining environment.

**3 Best Sellers**

- **Tonkotsu Ramen** $13
- **Kimchee Ramen** $13
- **Angry Ocean Roll** $14

# Japanese Restaurant Guide

$35 Average price for a dinner entree and a drink (sake or wine)

Sushi Bar Available | Open for Lunch

M Tu W Day Closes | Delivery

Th F Sa Su | Family Dining

Romantic Dining | Local Favorite

Vegetarian Friendly | Business Dinner

★ Chopsticks NY available to pick up

## Upper West

**Upper West — GD! GD! CURRY!**

They serve Japanese-style thick curry sauce over well salacted rice with your choice of topping. It's delicious, freshly made yet quick, cheap and high quality. That is why Go Go Curry is very addictive. Now You can enjoy Japanese comfort food in Harlem

567 W. 125th St. (at Broadway) | 646-833-7143 | www.gogocurryusa-ny.com | $8 S L

**Upper West — Amaza Fusion & Lounge** | $35 L

486 Amsterdam Ave. (bet. 82nd & 83rd St.) | 212-874-1078

**Upper West — Bar Masa** | $69 Su L

Time Warner Ctr. 10 Columbus Cir. | 212-823-9100

**Upper West — Dan Japanese Restaurant** | $20 L

2018 Broadway (at 69th St.) | 212-877-5255

**Upper West — Gari** | $80

370 Columbus Ave. (bet. 77th & 78th St.) | 212-362-4816

**Upper West — Hare** | $35

433 Amsterdam Ave. (bet. 80th & 81st St.) | 212-579-5656

**Upper West — Ichia Restaurant** | $20 M

53 W. 106th St. (bet. Manhattan & Columbus Ave.) | 212-865-4688

**Upper West — Jia Ramen*** | $15 L

3183 Broadway (at 125th St.) | 646-654-2962

**Upper West — Jia Ramen*** | $15 L

462 Amsterdam Ave. (at 82nd St.) | 646-657-0756

**Upper West — Kitaro** | $20 L

510 Amsterdam Ave. (bet. 84th & 85th St.) | 212-787-3008

**Upper West — Kouzaa** | $25 L

685 Amsterdam Ave. (at 93 d St.) | 212-280-4099

**Upper West — Kumo Sushi** | $30 L

165 W. 72nd St. (Columbus & Amsterdam Ave.) | 212-580-6228

**Upper West — Mama Sashi** | $25 L

237 Dyckman St. (Broadway & Seaman Ave.) | 212-544-0003

**Upper West — Mana Organic Cafe** | $20 L

646 Amsterdam Ave. (bet. 81st & 82nd St.) | 212-787-1110

**Upper West — Masa** | $400 Su L

Time Warner Ctr. 10 Columbus Cir. 4th Fl. | 212-823-9800

**Upper West — Matsa** | $20 L

483 Columbus Ave. (bet. 83rd & 84th St.) | 212-799-7922

**Upper West — Momoya Amstardam** | $42 L

427 Amsterdam Ave. (bet. 80th & 81st St.) | 212-580-0007

**Upper West — Naba Harlem*** | $25 L

2367 Frederick Douglass Blvd. (bet. 127th & 125th St.) | 646-370-4008

**Upper West — Naruto Remaa** | $18 L

2934 Broadway (at 100th St.) | 212-222-0228

**Upper West — Next Door** | $25 L

813 W. 187th St. (Pinehurst & Fort Washington) | 212-543-2111

**Upper West — Mimi** | $25 L

566 Amsterdam Ave. (bet. 87th & 88th St.) | 212-787-8318

**Upper West — Rai Rai Ken*** | $15 L

1467 Amsterdam Ave. (bet. 131st & 133rd Ave.) | 917-639-3342

**Upper West — RAKU** | $20 L

57 W. 76th St. (at Columbus Ave.) | 212-873-1220

**Upper West — Saji's** | $15 L

256 W. 109th St. (B'way & Amsterdam Ave.) | 212-496-5625

**Upper West — Suma Sushi** | $25 L

954 Amsterdam Ave. (bet. 107th & 108th St.) | 212-280-5858

**Upper West — Sun-Chan** | $25 L

2707 Broadway (bet. 103rd & 104th St.) | 212-749-5008

**Upper West — Sushi Ianaa** | $70

381 Lenox Ave. (bet. 129th & 130th St.) | 646-756-0555

**Upper West — Sushi Yasaka*** | $30 L

251 W. 72nd St. (B'way & West End Ave.) | 212 496-2460

**Upper West — Sushi Ya 2** | $18 L

627 W. 181st St. (bet. Pinehurst & Cabrini) | 212 781 a833

**Upper West — Tanzan** | $32 L

265 Columbus Ave. (bet. 73rd & 74th St.) | 212-580-7300

**Upper West — Vina Sushi & Saka*** | $20 L

2553-55 Broadway (bet. 115th & 116th St.) | 212-222 3568

**Upper West — Yasha Raman** | $13 L

940 Amsterdam Ave. (bet. 105th & 107th Ave.) | 212-222 2885

**Upper West — Zurutto** | $20 L

142 W. 72nd St. (bet. Columbus & Amsterdam Ave.) | 212-409-0022

## Upper East

**Upper East — Aki Sushi** | $25 L

1425 York Ave. (bet. 75th & 76th St.) | 212-628-8885

**Upper East — AMURA** | $23 L

1567 2nd Ave. (bet. 80th & 81st St.) | 212 772-1681

**Upper East — A Asosan Sushi** | $25 L

1103 1st Ave. (bet. 60th & 61st St.) | 212 308-8828

**Upper East — CHOCHIN** | $15 W

310 E. 83rd St. (bet. 1st & 2nd Ave.) | 212-426-1216

**Upper East — Dongari** | $40 M

209 E. 83rd St. (bet. 1st & 2nd Ave.) | 212 737-5858

**Upper East — Fuji Yama** | $30 L

1406 1st Ave. (bet. 76th & 77th St.) | 212 249-2722

**Upper East — Ginza** | $20 L

900 Lexington Ave. (at 62nd St.) | 212-588-7852

**Upper East — Haru** | $30 L

1328 3rd Ave. (at 76th St.) | 212-452 2230

**Upper East — Haru Sake Bar** | $38 L

1327 3rd Ave. (at 76th St.) | 212-452 2230

**Upper East — Ichiro** | $30 L

1064 2nd Ave. (bet. 57th & 58th St.) | 212 355-8300

**Upper East — INASE** | $40

1586 1st Ave. (bet. 82nd & 83rd St.) | 212-628-1238

**Upper East — IRON Sushi*** | $25 L

355 E. 76th St. (bet. 1st & 2nd Ave.) | 212 772 7610

**Upper East — Isohama** | $30 L

1686 3rd Ave. (bet. 93rd & 94th St.) | 212-828-0094

ZURUTTO
Ramen & Gyoza Bar
Zurutto Ramen & Gyoza Bar
142 W. 72 St. (bet. Columbus & Amsterdam Aves.) 212-409-0022
Come and enjoy ramen, gyoza and great service!

YAMA RAMEN
ramen & sushi bar
TONKOTSU RAMEN
GRAND OPENING
212-832-2288 / 212-832-6688
60 W. 48th St. 2nd Fl. (bet. 5th & 6th Aves.)
Order Online @ www.yamaramen.com

**Upper East** **Ro Sushi (2nd Ave.)** $31
1329 2nd Ave. (at 70th St.)
212-439-1678

**Upper East** **Ro Sushi (York Ave.)** $31
1815 York Ave. (bet. 85th & 86th St.)
212-772-0930

**Upper East** **Ryoto Sushi** $30
1240 Lexington Ave. (bet. 83rd & 84th St.)
212-288-5024

**Upper East** **Matsu** $30
411 E. 70th St. (bet. York & 1st Ave.)
212-744-5454

**Upper East** **Momokawa** $35
1466 1st Ave. (bet. 76th & 77th St.)
212-256-0403

**Upper East** **Naruto Ramen*** $10
1506 3rd Ave. (bet. 86th & 87th St.)
212-289-7803

**Upper East** **Ooki Sushi** $35
1575 3rd Ave. (bet. 98th & 99th St.)
212-828-3388

**Upper East** **Poke** $30
343 E. 95th St. (bet. 1st & 2nd Ave.)
212-243-0669

**Upper East** **Sasabune** $40
401 E. 73rd St. (bet. 1st & York Ave.)
212-249-8583

**Upper East** **Shabu-Shabu 70*** $25
314 E. 70th St. (bet. 1st & 2nd Ave.)
212-861-5635

**Upper East** **Sushi of Gari** $80
402 E. 78th St. (bet. 1st & York Ave.)
212-517-5340

**Upper East** **Sushi Seki*** $57
1143 1st Ave. (bet. 62nd & 63rd St.)
212-371-0238

**Upper East** **Sushi Seki** $20
1577 York Ave. (bet. 83rd & 84th St.)
212-249-3769

**Upper East** **Tanoshi** $61
1372 York Ave. (bet. 73rd & 74th St.)
917 265-6254

**Upper East** **Tanoshi Sushi Sake Bar*** $55
1372 York Ave. (bet. 73rd & 74th St.)
917 265-6254

**Upper East** **Tenzan** $35
568 2nd Ave. (bet. 52nd & 53rd St.)
212 980-5800

**Upper East** **Totoya** $25
1144 1st Ave. (at 63rd St.)
212 751-6123

**Upper East** **Wajima** $30
134 E. 61st St. (bet. Lexington & Park Ave.)
212-813-0095

**Upper East** **YUKA*** $25
1657 2nd Ave. (bet. 90th & 91st St.)
212 772-3075

**Upper East** **Yoko** $25
1531 York Ave. (at 81st St.)
212-396-5600

* Chopsticks NY available to pick up

## Midtown West

**Midtown West** **GO! GO! CURRY!***

The triple crown winner of Japanese curry contest is the one and the only curry specialty restaurant. They are known for long lines of diners and now take advanced orders. Delivery is available in Midtown West and East for a limited time. Details on website
273 W. 38th St. (bet. 7th & 8th Ave.) $8.5
212-730-5555 www.gogocurryusa-ny.com

**Midtown West** **Yama Ramen**

Yama Ramen is a new Japanese restaurant near Rockefeller Center. They serve a wide variety of sushi rolls, appetizers and ramen for an affordable price. Lunch specials are also available. They offer delivery services as well.
50 W. 49th St. (bet. 5th & 7th Ave.) $15
212-832-0668 www.yamaramen.com

**Midtown West** **Ai's Sushi** $15
374 W. 46th St. (bet. 8th & 9th Ave.)
212 265-5076

**Midtown West** **Bamboo 52** $12
344 W. 52nd St. (bet. 8th & 9th Ave.)
212 315-2777

**Midtown West** **Benihana** $30
47 W. 56th St. (bet. 5th & 6th Ave.)
212 581-0330

**Midtown West** **DONBURI-YA*** $25
253 W. 55th St. (bet. Broadway & 8th Ave.)
212 500-7909

**Midtown West** **Hanami Sushi** $15
857 9th Ave. (bet. 56th & 57th St.)
212-315-3161

**Midtown West** **Haru** $35
229 W. 43rd St. (at 7th Ave.)
212-398-0610

**Midtown West** **Hide-Chan Ramen** $20
314 W. 53rd St. (bet. 8th & 9th Ave.)
212-903-0006

**Midtown West** **Ichimaso** $20
302 W. 50th St. (bet. 8th & 9th Ave.)
212-315-4800

**Midtown West** **Inakaya** $45
231 W. 40th St. (bet. 7th & 8th Ave.)
212-354-2135

**Midtown West** **IPPUDO NY WESTSIDE** $32
321 W. 51st St. (bet. 8th & 9th Ave.)
212-374-2500

**Midtown West** **Iroha** $30
152 W. 49th St. (bet. 6th & 7th Ave.)
212-398-4048

**Midtown West** **ISE Menkoi-tei 56** $25
56 W. 56th St. (bet. 5th & 6th Ave.)
212-707-8702

**Midtown West** **KATSUHAMA55*** $18
43-45 W. 55th St. (bet. 5th & 6th Ave.)
212-541-7145

**Midtown West** **Rodane 45** $25
301 W. 45th St. (at 8th Ave.)
212-582-8085

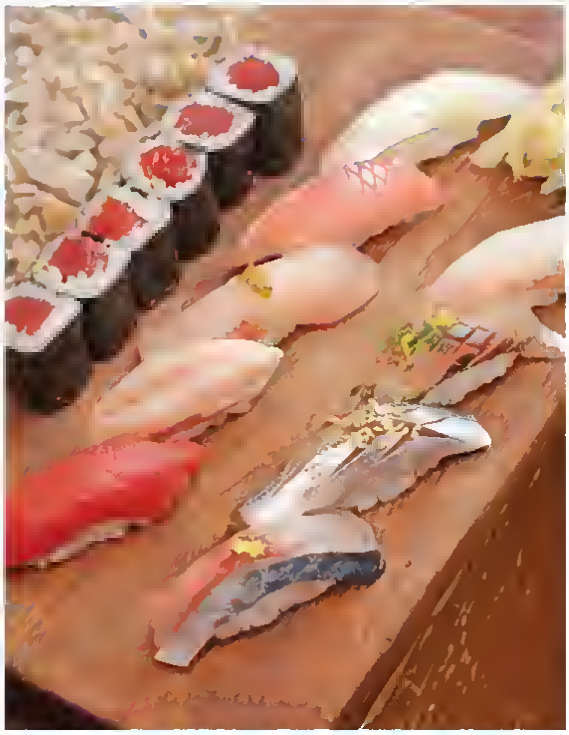
**Midtown West** **Koi** $60
40 W. 40th St. (bet. 5th & 6th Ave.)
212-921-9330

Brooklyn Ball Factory
Hell's Kitchen Newly Opened!
Try our Dorayaki cake offered at Hell's Kitchen location. It is our specialty item made with organic semi-sweet red bean paste, Mascarpone cheese, matcha and sweet potatoes
"No additives, no preservatives and no MSG" is our motto.
Catering service is available. See details on our homepage
Manhattan Location
729 8th Ave. (bet. 45th & 46th Sts.)
Brooklyn Location
95 Montrose Ave., Brooklyn 11206
www.BkBallFactory.com

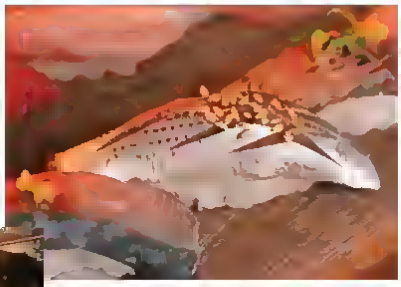
Limited Time Offer
Tori Mega Ramen
$17.50
Available Only at the Hell's Kitchen location!
Best Seller!
Chicken Katsu Buns $4
+Melt Cheese $1
Happy Hour - Ramen Set-
Tue-Fri 11:30am-3:45pm
Mon-Fri 4:30-6:30pm
Char Siu Mayo Don $3.00 → $3.00
Spicy Tuna Don $3.00 → $3.50
Uni Don $3.95 → $3.95
TOTTO RAMEN
TOTTO RAMEN Hell's Kitchen
464 W. 51st St. (bet. 9th & 10th Ave.) 646-596-9056
Mon 4:30-11pm Tue-Sat 11:30am-3:45pm 4:30-11pm
Sun 11:30am-9:30pm

ADVERTISEMENT

# A Sushi Pioneer That Hasn't Missed a Beat



When you start to talk about textures, lines, and clarity, you may be talking jewels. Indeed, there are jewels of the sea.



Right now is peak time to try *hikarimono*—shiny fish like Kohada, Aji, and Saba.

Gotta catch 'em all? One of these chefs is bound to keep you coming back.

For those who have lived in New York City before the turn of the millennium, the name Blue Ribbon Sushi may conjure up fond memories. Perhaps it was even a rite of passage – many people cite Blue Ribbon as his or her first experience with a quality of sushi they never before experienced. This was truly authentic sushi in a dynamic, downtown setting that to this day still has something to teach the newer sushi places popping up throughout town. Twenty years in, Blue Ribbon Sushi is still going strong, and True World Foods remains with them every step of the way.

Since opening in 1997 on Sullivan St. in SoHo, Blue Ribbon Sushi was given new meaning to "overnight success". With hours that extended into 2am, it became a favorite among many influential New York City chefs who would come after their own restaurants closed for the night. For many, it was even an introduction to Omakase, utilizing some of the most skillfully prepared, and at that time, exotic types of fresh fish from Japan. But the aspect that keeps people coming back to Blue Ribbon Sushi is the restaurant's relationship with its customers. Even though every morsel of sushi and sashimi is selected from the very best fresh fish that True World Foods has to offer, each chef at Blue Ribbon has a distinct personality and style. Some chefs may use more sauce or creative seasoning, while others may commit to a more restrained style. Diners and regulars are encouraged to explore until they find their favorite one.

Executive Chef Kaz Iimori is dedicated to simplicity. He relies on his knowledge of every part of every fish to execute his vision. "Ever since I joined Blue Ribbon Sushi, True World Foods has been an integral part of being a chef here," said Chef Kaz, who has been spearheading the restaurant and its several branches for the last 10 years. "I have such a great relationship with my representatives, and we communicate well. They will call me when they have something special or unexpected. And when I ever need anything, they are always there. I trust them completely."

In the competitive sushi arena, partnering with a reliable purveyor can bridge the difference between doing something good, and something that will be remembered as a milestone. And at Blue Ribbon Sushi, True World Foods' decades of efforts and achievements are entirely on display.

**Blue Ribbon Sushi**
119 Sullivan St., (bet. Spring & Prince Sts.), New York, NY 10012
TEL: 212-343-0404
www.blueribbonrestaurants.com/restaurants/blue-ribbon-sushi-original

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www.trueworldfoods.com / info@trueworldfoods.com

**Midtown West** **Mira Sushi***
48 W 22nd St (bet. 5th & 6th Ave.) $11
212-989-7988

**Midtown West** **Monstar Sushi**
22 W 46th St. (bet. 5th & 6th Ave.) $30
212-398-7707

**Midtown West** **Natsumi**
226 W 50th St. (bet. Broadway & 8th Ave.) $40
212-258-2886

**Midtown West** **Nippon***
245 W 51st St. (bet. Broadway & 8th Ave.) $30
646-964-5332

**Midtown West** **NOBU 57**
40 W 57th St. (bet. 5th & 6th Ave.) $160
212-757-3000

**Midtown West** **Ocha**
350 W 46th St.(bet. 8th & 9th Ave.) $25
212-581-3138

**Midtown West** **Ootoya Times Square**
141 W 41st St. (bet. 6th Ave. & Broadway) $20
212-704-0833

**Midtown West** **SAIKAI Dining Bar**
24 Greeley Sq. Ave. (bet. Charles & W 10th Sts.) $30
646-838-5580

**Midtown West** **Saba Bar Hagi**
152 W. 49th St. (bet. 6th & 7th Ave.) $25
212-764-5549

**Midtown West** **Saba Bar Hagi 46**
356 W 46th St. (bet. 8th & 9th Ave.) $30
212-956-2425

**Midtown West** **Sapporo***
152 W. 45th St. (bet. 6th & 7th Ave.) $18
212-869-7972

**Midtown West** **Shimizu**
317 W 51st St. (bet. 8th & 9th Ave.) $35
212-581-1581

**Midtown West** **Sushi Ooma**
330 W 56th St. (bet. 8th & 9th Ave.) $45
212-707-1508

**Midtown West** **Sushi of Gari 46**
347 W. 46th St. (bet. 8th & 9th Ave.) $80
212-957-0046

**Midtown West** **Sushi Osaka**
585 8th Ave. (W 36th & 37 th St.) $15
212-629-4708

**Midtown West** **Sushiden***
123 W. 48th St. (bet. 6th & 7th Ave.) $45
212-956-2900

**Midtown West** **Sushiya***
28 W 56th St (bet. 5th & 6th Ave.) $20
212-247-5756

**Midtown West** **TABATA RAMEN***
540 9th Ave (bet. 39th & 40th St.) $15
212-290-7941

**Midtown West** **TABATA RAMEN***
557 8th Ave (btw. 37th & 38th Sts.) $15
212-465-2418

**Midtown West** **Terahawa Ramen**
695 9th Ave (bet. 57th & 58th St.) $12
212-307-0170

**Midtown West** **Totto Next Door**
366 W. 52nd St. (bet. 8th & 9th Ave.) $20

**Midtown West** **Totto Ramen W. 51nd**
464 W 51st St (bet. 9th & 10th Ave.) $20
646-556-5058

**Midtown West** **Totto Ramen W 52nd**
368 W. 52nd St. (bet. 8th & 9th Ave.) $20
212-582-0052

**Midtown West** **Yakiton TOTTO**
251 W 55th St. (bet. Broadway & 8th Ave.) $45
212-245-4555

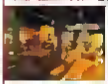
**Midtown West** **Yummy Sushi***
30 Rockefeller Plaza Concourse Level $10
212 459-2100

## Midtown East

**Midtown East** **GO! GO! CURRY!***
East 53 d Stadium is the 8th locat on of Go! Go! Curry! in NYC They prov de large portions at a reasonable price The 8-seat d n ng room is easily filled up dur ng lunch- and dinner-me They also offer free del very
235 E 53rd St. (bet. 2nd & 3rd Ave.) $8.5
646-678-5259 www.gogocurryusa-ny.com

**Midtown East** **Nishida Shoten**
N sh da Shoten s a ramen shop offering n w de range of menu items like tonkotsu ramen noodle soup and Izakaya style appetizers as well as over 30 d ffe e t ut. Sake With the décor remin scent of the old Japan enjoy a un qun experience like no other
302 E 49th St. (bet. 1st & 2nd Ave.) $13
212-888-0751 www.ramenjoe.com

* Chopsticks NY available to pick up

**Midtown East** **Sakagura***

argest sake bar in the world serving over 200 varieties of sake and seasonal daily spec als Homemade soba and lunch set of sobr & r ce bowl are popular! Th s amaz ng h deout situated on the basement level s perfect for couples Private part es available
211 E 43rd St, B1F (bet. 2nd & 3rd Ave.) $50
212-953-7253 www.sakagura.com

**Midtown East** **Aburiya Kinnosuke***
213 E 45th St (bet. 2nd & 3rd Ave.) $65
212-867-5454

**Midtown East** **Arata Sushi**
1047 2nd Ave (bet. 55th & 56th St.) $20
212-371-1338

**Midtown East** **Azusa**
3 E 44th St. (bet. Madison & 5th Ave.) $35
212-681-0001

**Midtown East** **Gyu-Kaku***
805 3rd Ave. 2 Fl (at 50th St.) $40
212-702-8811

**Midtown East** **Hahabai**
The Kitano Hotel 66 Park Ave (at 38th St.) $66
212-885-7000

**Midtown East** **Hatsuhana**
17 E 48th St. (bet. Madison & 5th Ave.) $50
212-355-3345

**Midtown East** **Hide-Chan Ramen**
248 E. 52nd St. 2 Fl (bet. 2nd & 3rd Ave.) $20
212-813-1900

**Midtown East** **HINATA**
150 E. 55th St. (bet. 3rd Ave. & Lex.) $20
212-355-2974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Uogashi Sashimi Teishoku
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[ Fri ]
Dinner: 5:30pm - 11pm
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Dinner: 5pm - 11pm
[ Sun ]
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Dioner: 5pm - 10pm
Assorted Tuna Nigiri Sushi
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(bet.11th & 12th Sts.)
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@uogashinyc

**Midtown East** **Hiroshi Japanese Fusion** $25
565 3rd Ave (bet. 38th & 39th St.)
212-661-3286

**Midtown East** **Izakaya Ariyoshi** $25
228 E 53rd St (bet. 2nd & 3rd Ave.)
212-319-3940

**Midtown East** **Izakaya Riki** $40
141 E 45th St (bet. 3rd & Lexington Ave.)
212 385-5804

**Midtown East** **Jukai** $30
237 E 53rd St (bet. 2nd & 3rd Ave.)
212 588-6788

**Midtown East** **Kajitsa** $80
125 E 39th St (bet. Lex & Park Ave.)
212 228-4873

**Midtown East** **KATSUHAMA47*** $18
11 E 47th St (bet. Madison & 5th Ave.)
212-758-5905

**Midtown East** **Kohage** $25
125 E 39th St (bet. Lex & Park Ave.)
212-228-4873

**Midtown East** **Kuruma Zushi** $100
7 E. 47th St. 2 FL (bet. Madison & 5th Ave.)
212-317-2402

**Midtown East** **Lucky Cat** $30
232 E 53rd St. (bet. 2nd & 3rd Ave.)
212-935-5333

**Midtown East** **Nada-Sushi** $25
135 E. 50th St. (bet. 3rd & Lexington Ave.)
212-935-2537

**Midtown East** **Nare Sushi** $25
115 E. 57th St. (bet. Lexington & Park Ave.)
646-596-0061

**Midtown East** **NIKAI*** $12
930 3rd Ave. 2nd Fl. (at 51st St.)
212-355-9696

**Midtown East** **Nippon*** $49
155 E. 52nd St. (bet. 3rd & Lexington Ave.)
212-758-0226

**Midtown East** **NORIKOH** $25
10 E. 38th St. (bet. Madison & 5th Ave.)
646-918-7776

**Midtown East** **ONOOERA** $70 Su
481 5th Ave. (bet. 40th & 41st St.)
212-390-0826

**Midtown East** **Ramaa Takumi*** $10 L
517 3rd Ave. (bet. 34th & 35th St.)
212-679-2752

**Midtown East** **Shinbashi*** $30 Su
7 E. 48th St. (bet. Madison & 5th Ave.)
212-813-1001

**Midtown East** **Shinya Shokado** $20 Su
248 E. 52nd St. (bet. 2nd & 3rd Ave.)
212-230-1234

**Midtown East** **Shochu & Tapas AYA** $30 Su
247 E. 50th St. (bet. 2nd & 3rd Ave.)
212-715-0770

**Midtown East** **Soba TOTTO** $40 L
211 E. 43rd St. 1 Fl. (bet. 2nd & 3rd Ave.)
212-867-1200

**Midtown East** **Sushi Time** $20 L
821 2nd Ave. (at 44th St.)
212-490-8883

**Midtown East** **Sushi You** $85 L
246 E. 51st St. (bet. 2nd & 3rd Ave.)
212-752-2007

**Midtown East** **SushiAna** $50 Su L
38 E. 51st St. (at Park Ave.)
212-755-1700

**Midtown East** **Sushidea** $45 Su L
13 E. 49th St. (bet. Madison & 5th Ave.)
212 750-2700

**Midtown East** **TOMI JAZZ** $30
239 E. 53rd St. (bet. 2nd & 3rd Ave.)
646-437-1254

**Midtown East** **Totto Ramaa E 52ad** $20 Su L
246 E. 52nd St. (bet. 2nd & 3rd Ave.)
212-421-0052

**Midtown East** **West Udon Izakaya** $10 L
150 E. 49th St. (bet. 3rd & Lexington Ave.)
212-322-9677

**Midtown East** **Yakiniku GEN*** $50
250 E. 52nd St. (bet. 2nd & 3rd Ave.)
212-702-1126

**Midtown East** **YAMA Restaurant** $28 Su
308 E. 49th St. (bet. 1st & 2nd Ave.)
212-355-3370

## Korea Town

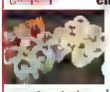
**Koreatown** **Ichi Umi Restaurant*** $30 L
9 E. 32nd St. (bet. Madison & 5th Ave.)
212 725-1333

**Koreatown** **Izakaya MEW*** $25 L
53 W. 35th St. (bet. 5th & 6th Ave.)
646-350-9364

**Koreatown** **Toyama Sushi** $22 L
11 W. 30th St. (bet. 5th & 6th Ave.)
212 967-8541

## Chelsea

**Chelsea** **ennju*** $18 L



A self-service restaurant conveniently located near union square station on ennju features an original menu created by the Japanese owner. There are many items to choose from including sushi, bento, ramen, udon, daily oshinoki, and sake.

20 E 17th St. (bet. 5th Ave. & Broadway)
646-330-7004

**Chelsea** **GO! GO! CURRY!*** $8.5 L

Chelsea Stadium is the 4th location of Go! Go! Curry! in NYC. "Katsu curry", "Home-run curry", and "Grand Slam" are always popular among New Yorkers. On the 5th, 15th, and 25th of each month, get free topping coupons on purchase for GO GO DAY.

144 W. 18th St. (bet. 6th & 7th Ave.)
212 255-4555 www.gogocurryusa-ny.com

**Chelsea** **AA Ichiban Sushi** $18 L
213 W 23rd St. (bet. 7th & 8th Ave.)
212-675-8188

**Chelsea** **Ajisea Ramaa*** $16 L
136 W. 26th St. (bet. 6th & 7th Ave.)
646-536-0884

**Chelsea** **Asuka Sushi** $28 L
300 W. 23rd St. (at 8th Ave.)
212-727-0808

**Chelsea** **Blue Ginger** $30 L
109 8th Ave. (bet. 15th & 16th St.)
212 352-0811

**Chelsea** **Hanamizuki Cafe*** $9 Su L
143 W. 29th St. (bet. 6th & 7th Ave.)
212 695-5533

**Chelsea** **Izakaya NoMad** $25 L
13 W 29th St. (bet. 5th & 6th Ave.)
212-213-6258

**Chelsea** **KAPPO TOTTO** $70 Su
458 W. 17th St. (bet. 9th & 10th Ave.)
212-924-0017

**Chelsea** **Kika Sushi** $15 L
235 9th Ave. (bet. 24th & 25th St.)
212 727-3890

**Chelsea** **Momoya Chelsea** $40 L
185 7th Ave. (at 21st St.)
212 989-4466

**Chelsea** **Monster Sushi** $30 L
158 W. 23rd St. (bet. 6th & 7th Ave.)
212 620-9131

**Chelsea** **MORIMOTO** $90 L
88 10th Ave. (bet. 15th & 16th St.)
212 989-8883

**Chelsea** **Ootoya Chelsea** $20 L
8 W. 18th St. (bet. 5th & 6th St.)
212-255-0018

**Chelsea** **Ushiwahamaru** $80 Su
302 W 23rd St. (bet. 8th & 9th Ave.)
917 535-3940

**Chelsea** **Yakiniku Futago** $29
37 W. 17th St. (bet. 5th & 6th Ave.)
212 670-0725

## Gramercy

**Gramercy** **15 EAST** $80 Su L
15 E. 15th St. (bet. Union Sq. W. & 5th Ave.)
212-647-0015

**Gramercy — Ajisushi**
513 3rd Ave (bet. 34th & 35th St.)
212-686-2056 — $25

**Gramercy — Chashi***
77 Irving Place (at 19th St.)
212-420-1419 — $20

**Gramercy — Haae**
346 1st Ave (at 20th St.)
212-598-0135 — $30

**Gramercy — Hara**
220 Park Ave. S. (at 19th St.)
646-421-0569 — $30

**Gramercy — Mishima***
184 Lexington Ave. (bet. 30th & 31st St.)
212-532-5696 — $25

**Gramercy — Momakewa**
157 E. 28th St. (bet. 3rd & Lexington Ave.)
212-684-7830 — $35

**Gramercy — Sushi SAMBA**
245 Park Ave. S. (bet. 19th & 20th St.)
212-475-9377 — $35

**Gramercy — Sushi SEN-NIN**
30 E. 33rd St. (bet. Park Ave. S. & Madison Ave.)
212-683-2208 — $40

**Gramercy — Tsuru Toa Taa**
21 E. 16th St. (bet. Broadway & 5th Ave.)
212-582-1000 — $30

**Gramercy — YAMA Restaurant**
122 E. 17th St. (at Irving Pl.)
212-475-0365 — $20

## West Village

**West Village — GO! GO! CURRY!***

With this motto. Everything for your genki vigor! 5th, 15th 25th are Go!Go!Day. Order any kind of Curry and you can receive one free topping coupon. Vegetable Curry is now available at the Washington Square Park Stadium location. They offer free delivery.
231 Thompson St (bet. W 3rd & Bleecker St) $8.5
212-505-2555 www.gogocurryusa-ny.com

**West Village — Cha Cha Saa***
15 W. 8th St. (bet. 5th & 6th Ave.)
212-473-3333 — $25

**West Village — Dojo Restaurant***
14 West 4th St. (at Mercer St.)
212-505-8943 — $25

**West Village — EN Japanese Brasserie**
435 Hudson St. (at Leroy St.)
212-647-9196 — $40

**West Village — Hakoto Tantoa***
61 Grove St. (bet. 7th Ave. & Bleecker St.)
212-242-9696 — $25

**West Village — Marumi**
548 LaGuardia Pl. (bet. Bleecker & 3rd St.)
212-979-7055 — $30

**West Village — MEW MEN**
7 Cornelia St. (bet. W. 4th & Bleeker St.)
212-727-1050 — $10

**West Village — Mikado***
525 6th Ave. (bet. 13th & 14th St.)
212-255-5881 — $20

**West Village — Mi-Ne Sushi Totoya**
486 6th Ave. (bet. 12th & 13th St.)
917-675-6342 — $25

**West Village — Miyabi**
121 W. 3rd St. (bet. MacDougal St. & 6th Ave.)
212-228-1888 — $15

**West Village — Miyagi**
220 W. 13th St. (bet. 7th & Greenwich Ave.)
212-620-3030 — $25

**West Village — Nagomi**
179 Prince St. (bet. Thompson & Sullivan St.)
212-967-8230 — $35

**West Village — Ramen Takami***
1 University Pl. (bet. University Pl & Waverly Pl.)
212-229-2752 — $13

**West Village — Ramen-Ya West 3rd**
133 W. 3rd St. (bet. Macdougal & 6th Ave.)
212-254-6828 — $15

**West Village — Ramen-Ya West 4th**
181 W. 4th St. (bet. 6th & 7th Ave.)
212-913-5440 — $15

**West Village — Rockmeisha***
11 Barrow St. (bet. 4th & Bleecker St.)
212-675-7775 — $35

**West Village — Saikai**
24 Greenwich Ave (at 10th St.)
646-838-5596 — $50

**West Village — Soto**
357 6th Ave (bet. 4th St. & Washington Pl.)
212-414-3088 — $50

**West Village — Soaaa Restaarant***
28 E. 13th St. (bet. University Pl. & 5th Ave.)
212-627-7150 — $20

**West Village — Sushi Mamba**
255 Bleecker St. (bet. Leroy & Cornelia St.)
212-675-5885 — $18

**West Village — Sushi Yawa**
28 W. 8th St. (bet. 5th & 6th Ave.)
212-253-3088 — $30

**West Village — Tomoe Sushi**
172 Thompson St. (bet. Houston & Bleecker St.)
212-777-9346 — $40

**West Village — Umami Shoppa***
513 6th Ave (bet. 13th & 14th St.)
212 229-9991 — $15

* Chopsticks NY available to pick up

## East Village

**East Village — Cha-An**

Serving a wide variety of tea from China, Japan and India as well as original sweets created by our pastry chef. The Daily Special Set for lunch or dinner goes well with wine or sake. Traditional tea ceremony in Seika-do (tatami tea room) is available by reservation.

230 E. 5th St. 2Fl (bet. 2nd & 3rd Ave.) — $20
212-228-6030 www.chaantanhouse.com

**East Village — Curry-Ya**

Your hunger will undoubtedly be satisfied at Curry-Ya. Gourmet Japanese Curry boasts amazingly rich and complex flavors and its intimate interior and atmosphere makes anyone feel comfortable dining alone or with friends. Lunch Set available from noon to 4 pm.

214 E. 10th St. (bet. 1st & 2nd Ave.) — $20
866-502-4775 www.nycurry-ya.com

**East Village — Otafuku × Mudetai***

Otafuku x Mudetai specializes in popular Japanese comfort food. Takoyaki (octopus balls) and Okonomi yaki pancakes as well as Mudetai (Tie yaki) and Yaki soba. Our food will make you feel like you are in downtown Tokyo.

220 E. 5th St. (bet. 2nd & 3rd Ave.) — $1
646-398-3431

**East Village — Rai Rai Ken***

Have you ever seen the movie Tampopo — a Japanese cult movie about sizzling ramen noodle soup? Rai Rai Ken lets you experience the real Tokyo ramen without MSG. Don't forget our homemade gyoza too. They guarantee the most delightful experience!

218 E. 10th St. (bet. 1st & 2nd Ave.) — $15
212-477-7030

* Chopsticks NY available to pick up

**East Village — Rice Burger Yonakichi**

These burgers have arrived in the East Village. The "buns" are rice patties that are 100% additive-free and grilled to order with just a slight brush of soy sauce. Enjoy the simple taste of rice while savoring our umami-loaded fillings.

230A E. 9th St. (bet. 2nd & 3rd Ave.) — $14
646-559-3765 www.yonekichi.com

**East Village — Sukaya***

Making soba by hand daily from high quality buckwheat flour imported from Japan. All natural ingredients make soba a healthy meal. Try Lunch Box with soba or udon and dishes and dessert. Daily special appetizers and sake selection available for dinner.

229 E. 9th St. (bet. 2nd & 3rd Ave.) — $20
212-533-6906 www.sobaya-nyc.com

**East Village — Umnae**

Umnae is a Japanese comfort food restaurant in East Village with a fine selection of sake and over 50 kinds of shochu. All authentic Japanese home style dishes are prepared by the owner/chef. Try Goto Udon (udon noodles from Goto Islands of Japan).

#6 E. 3rd St. (bet. 1st & 2nd Ave.) — $20
646-654-1122 www.downtownumnae.com

**East Village — Ashiya**

197 1st Ave. (bet. 10th & 11th St.) — $15
212-505-3348

**East Village — Beron Beron**

184 1st Ave. (at 10th St.) — $30
212-477-1005

**East Village — Bussuu**

5 Allendale St. (bet. Elizabeth & Bowery St.) — $40
212-228-8502

**East Village — BONO ST**

6 Bond St. (bet. Lafayette & Broadway) — $75
212-777-2500

**East Village — Cho-Ka Restaurant**

59 1st Ave. (bet. 3rd & 4th Sts.) — $10
212-358-0885

**East Village — East Noodle**

118 2nd Ave. (at 7th St.) — $16
212-982-4295

**East Village — Gyu-Kaku***

34 Cooper Sq. (bet. 4th St. and Astor Pl.) — $40
212-475-2985

**East Village — Hakata Hot Pot**

56 St. Marks Pl. (bet. 1st & 2nd Ave.) — $30
212 533-7711

**East Village — Hasaki***

210 E. 9th St. (bet. 2nd & 3rd Ave.) — $40
212-473-3327

**East Village — Hi-Collar**

214 E. 10th St. (bet. 1st & 2nd Ave.) — $20
212 777-7018

**East Village — Ikinari Steak**

90 E. 10th St. (bet. 3rd & 4th Ave.) — $20
917 388-3545

**East Village — IPPUDO NY**

65 4th Ave. (bet. 9th & 10th St.) — $29
212-388-0088

**East Village — IRON Sushi***

212 10th St. (bet. 1st & 2nd Ave.) — $25
212-228-0102

**East Village — Izakaya**

326 East 6th St. (bet. 1st & 2nd Ave.) — $40
917-457-1284

**East Village — Jack's Sliders & Sushi**

171 3rd Ave. (bet. 16th & 17th St.) — $15
212 466-2828

**East Village — Japonica**

100 University Pl. (at 12th St.) — $40
212-243-7752

**East Village — JEWEL BAKO**

239 E. 5th St. (bet. 2nd Ave. & Cooper Sq.) — $45
212-979-1012

**East Village — Kamiu Ramen House***

351 E. 14th St. (bet. 1st & 2nd Ave.) — $15
212-228-1366

**East Village — Kenka***

25 St. Marks Pl. (bet. 2nd & 3rd Ave.) — $25
212-254-6363

**East Village — Kyo Ya**

94 E. 7th St. (bet. Ave. A & 1st Ave.) — $42
212-982-4140

**East Village — May's Place Sushi**

121 2nd Ave. (bet. 7th & St. Marks Pl.) — $15
212-533-5447

**East Village — MINCA**

536 E. 5th St. (bet. Ave. A & B) — $10
212 505-8001

**East Village — OH! Tansho***

8 St. Marks Pl. (bet. 2nd & 3rd Ave.) — $20
212-773-1300

**East Village — Ootoya Greenwich Village**

41 E. 11th St. (at University Pl.) — $20
212-473-4300

**East Village — Ramen Misoya New York**

129 2nd Ave. (bet. 7th St. & St. Marks Pl.) — $10
212-777 4825

**East Village — Ramen Setagaya ***

34A St. Marks Pl. (bet. 2nd & 3rd Ave.) — $13
212-387-7958

**East Village — Robataya NY**

231 E. 6th St. (bet. 2nd & Stuyvesant St.) — $50
212-979-9674

**East Village — Sake Bar Decibel**

240 E. 9th St. (bet. 2nd & 3rd Ave.) — $40
212-375-2733

**East Village — Saku Bar Satsko**

202 E. 7th St. (bet. Ave. B & C) — $25
212-614-0933

**East Village — SAKI**

55 3rd Ave. (bet. 10th & 11th St.) — $25
212 353-5088

**East Village — Shabu-Tatsu***

216 E. 10th St. (bet. 1st & 2nd Ave.) — $30
212-477 2372

**East Village — Sobakak***

309 E. 5th St. (bet. 1st & 2nd Ave.) — $15
212-254-2244

**East Village — Souun East Village***

326 E. 6th St. (bet. 1st & 2nd Ave.) — $15
212-388-1155

East Village **Sushi Ooo** $31
110 1st Ave (bet. 7th & 8th St.)
646-692-3356

East Village **Takahachi East Village** $25
85 Ave. A (at 6th St.)
212-505-8524

East Village **Udon West*** $20
11 St. Marks Pl. (bet. 2nd & 3rd Ave.)

East Village **Uogashi** $30
189 1st Ave. (bet. 11th & 12th St.)
212-253-0628

East Village **Village Yokocho** $20
8 Stuyvesant St. 2Fl. (bet. 9th St. & 3rd Ave.)
212-598-3041

East Village **Wasan** $35
102 E. 4th St. (bet. 1st & 2nd Ave.)
212-777-1578

East Village **Yakiniku West*** $25
219 E. 9th St. (bet. 2nd & 3rd Ave.)
212-675-9238

East Village **Yakitori Taisha*** $20
5 St. Marks Pl. (bet. 2nd & 3rd Ave.)
212-228-5095

East Village **Yoshi Sushi*** $25
131 Ave. A (bet. St. Marks Pl. & 9th St.)
212-420-5908

East Village **Yaba Restaurant** $40
105 E. 3th St. (bet. 3rd & 4th Ave.)
212-777-[illegible]

East Village **Zen 6*** $15
328 E. 6th St. (bet. 1st & 2nd Ave.)
646-429-8471

East Village **Zen 6*** $12
31 St. Marks Pl. (bet. 2nd & 3rd Ave.)
212-533-5855

East Village **ZUNOO-YA** $20
44 E. 10th St. (bet. 3rd & 4th Ave.)
917-438-3545

* Chopsticks NY available to pick up

## Lower Manhattan

Lower Mhn **GO! GO! CURRY!*** $8.5
World Trade Center Stadium's third 3rd location after Times Square and Washington Square Park Stadium. On the 5th, 15th, and 25th of each month, get free topping coupons on purchase for GO GO DAY. Check the website for special promo
12 John St. (bet. Broadway & Nassau St.)
212-406-5555 www.gogocurryusa-ny.com

Lower Mhn **Kuu Ramen** $15
Kuu Ramen
Chef Taka from Sapporo meticulously crafts his chicken broth by simmering it for over 8 hours, layering in umami ingredients to give it a depth of flavor. Delivery is available, so a hot bowl of authentic ramen is only a phone call away. Enjoy it at home and office.
20 John St. (bet. Broadway & Nassau St.)
212-571-7177 www.kuuramen.com

Lower Mhn **Ajisai Ramen*** $16
14 Mott St. (bet. Worth & Bayard St.)
212-227-3640

Lower Mhn **Azasu** $30
48 Clinton St. (bet. Stanton & Rivington St.)
212-777-7003

Lower Mhn **Bento Sushi*** $8
32 Broadway (at Morris St.)
212-747-0994

Lower Mhn **Cube 63** $21
63 Clinton St. (bet. Rivington & Stanton St.)
212-228-6751

Lower Mhn **Gan Ramen** $15
112 Eldridge St. (bet. Broome & Grand St.)
212-[illegible]

Lower Mhn **Japanese Curry Goemon** $15
28 Kenmare St. (bet. Elizabeth & Mott St.)
212-226-1262

Lower Mhn **Kajna** $38
21 South End Ave. (at W. Thames St.)
212-786-9888

Lower Mhn **KOMEWAZA** $17
40 Water St. (at Coenties Sl.pl.)
646-368-1727

Lower Mhn **Mottsa** $25
285 Mott St. (bet. Prince & Houston St.)
212-343-8017

Lower Mhn **NY Sushi Ko** $61
91 Clinton St. (bet. Rivington & Delancey St.)
917-734-5857

Lower Mhn **Quickly Shabu Shabu** $13
237B Grand St. (bet. Chrystie St. and Bowery)
212-431-0568

Lower Mhn **Rabbit House** $20
78 Forsyth St. (bet. Canal & Hester St.)
212-343-4200

Lower Mhn **Soy** $14
102 Suffolk St. (bet. Delancey & Rivington St.)
212-253-1158

Lower Mhn **Sushesa** $26
325 Broadway (bet. Worth & Duane St.)
212-962-2500

Lower Mhn **SUteiShi** $30
24 Peck Slip (bet. Front & Water St.)
212-766-2344

Lower Mhn **Yakitori Tora** $35
72 Kenmare St. (bet. Mulberry & Mott St.)
212-966-[illegible]100

Lower Mhn **Yapparai** $40
151 Rivington St. (bet. Suffolk & Clinton St.)
212-777-7263

VEGAN TANTANMEN
SETAGA
RICH AND CREAMY
VEGAN SOUP
Seasoned tofu Cilantro Cashew, Le-vel
Ramen Setagaya
East Village 34 St. Marks Pl. (bet. 2nd & 3rd Aves.)
Fort Lee 243 Main St, Fort Lee, NJ 07024
Brooklyn 280 Bedford Ave. Brooklyn

MI-NE SUSHI TOTOYA
For 45 years our motto has been to serve our customers food that brings them joy
(917)675-6942
12pm-10.30pm
www.minesushi.nyc

## Tribeca

**Tribeca — Azabe**
426 Greenwich (bet. Laight & Vestry St.)
212-274-0428
$25

**Tribeca — B Flat**
277 Church St.(bet. White & Franklin St.)
212-219-2970
$25

**Tribeca — Brushstroke**
30 Hudson St. (at. Duane St.)
212-791-3771
$130

**Tribeca — NINJA***
25 Hudson St. (bet. Reade & Duane St.)
212-274-1500
$35

**Tribeca — NOBU**
105 Hudson St. (at Franklin St.)
212-219-0500
$100

**Tribeca — NOBU NEXT DOOR**
105 Hudson St. (bet. Franklin & N. Moore St.)
212-334-4445
$75

**Tribeca — Rosaejn**
141 Duane St. (bet. Church St. & W. Broadway)
212-346-0554
$80

**Tribeca — Shigure***
277 Church St (bet. White & Franklin St.)
212-966-0200
$25

**Tribeca — Sushi Azabe**
426 Greenwich (bet. Laight & Vestry St.)
212-274-0428
$50

**Tribeca — Tokohachi Tribeca***
145 Duane St. (bet. Church & W. Broadway)
212-571-1530
$35

**Tribeca — Zutto***
77 Hudson St. (bet. Jay & Harrison St.)
212-233-3287
$40

## Soho

**Soho — Blue Ribbon Sushi**
119 Sullivan St. (bet. Spring & Prince St.)
212-343-0404
$51

**Soho — Hirohisa**
73 Thompson St. (bet. Broome & Spring St.)
212-925-1513
$85

**Soho — Omae**
113 Thompson St. (bet. Spring & Prince St.)
212-925-4923
$30

**Soho — Souan Soho***
210 9th Ave. (at Prince St.)
212 807 7421
$20

## Brooklyn

**Brooklyn — Samurai Papa**

The signature dish at Samurai Papa is the Hakkaike Pork Belly Ramen. Rich milky soup base added from pork belly. First try it as is, then gradually add bonito broth for middle flavor. Their selection of side dishes and sake are quite large, and they are also open for lunch.

32 Vanderbilt Ave. (bet. Graham & Manhattan Ave.)
718-599-7171
$20

**Brooklyn — 1 or 8***
68 S. 2nd St. (bet. Wythe & Kent Ave.)
718-384-2162
$32

**Brooklyn — Ani Sushi***
142 Montague St. (bet. Clinton & Henry St.)
718-522-1800
$15

**Brooklyn — Bozu**
286 Grand St. (bet. Havemeyer & Roebling St.)
718-384-7770
$30

**Brooklyn — Fushimi Japonesa Cosina**
5316 4th Ave. (bet. 53rd & 54th St.)
718-633-7768
$40

**Brooklyn — Geeso**
25 Bond St. (at Livingston St.)
718-403-0900
$11

**Brooklyn — Gindo***
331 Flatbush Ave. (bet. Park & Prospect Pl.)
718-636-7866
$25

**Brooklyn — Hihina Japanese Restaurant**
333 Henry St. (at Pacific St.)
718-392-6190
$35

**Brooklyn — ICHIRAN NY Brooklyn**
374 Johnson Ave. (bet. Bogart St. & Morgan Ave.)
718-381-0451
$25

**Brooklyn — Ima Chef House**
92 Clark St. (bet. Monroe Pl. & Henry St.)
718-569-8517
$15

**Brooklyn — IZAKAYA ao SMITH**
176 Smith St. (bet. Wyckoff & Warren St.)
718-855-2277
$20

**Brooklyn — Ki Sashi**
122 Smith St. (bet. Dean & Pacific St.)
718-935-0575
$30

**Brooklyn — KOGANE RAMEN**
76 Henry St. (bet. Pineapple & Orange St.)
718-875-2828
$20

**Brooklyn — Mizu**
192 Bedford Ave. (bet. 6th St & 7th St.)
718-782-5666
$20

**Brooklyn — Naruto Ramen**
276 5th Ave. (bet. 1st & Garfield St.)
718-832-1111
$12

**Brooklyn — Okiway**
1006 Flushing Ave (Wilson Ave & Noll St)
718-417-1091
$30

**Brooklyn — Osaka**
272 Court St. (bet. Degraw & Kane St.)
718-643-0044
$30

**Brooklyn — Oshime Restaurant**
71 7th Ave. (bet. Berkeley & Lincoln Pl.)
718-783-1868
$25

**Brooklyn — OZU**
78 Clark St. (bet. Hicks & Henry St.)
718-797-3295
$20

**Brooklyn — Ramen Setagaya***
280 Bedford Ave. (bet. Grand St. and N 1st St.)
718-218-8508
$15

**Brooklyn — Sakura 6**
937 Manhattan Ave. (bet. Calyer & Noble St.)
718-349-7886
$10

**Brooklyn — SALT + CHARCOAL**
171 Grand St. (at Bedford Ave.)
718-782-2087
$30

**Brooklyn — Samerai Mame**
205 Grand St. (bet. Bedford & Driggs Ave.)
718-599-6161
$20

**Brooklyn — Samerai Papa BS**
554 Lafayette Ave. (bet. Nostrand & Marcy Ave.)
718-398-6181
$18

**Brooklyn — Sapporo Heru Japanese**
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718-389-9721
$16

**Brooklyn — Sushi Katsuei**
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718-788-5338
$35

**Brooklyn — Tenzan**
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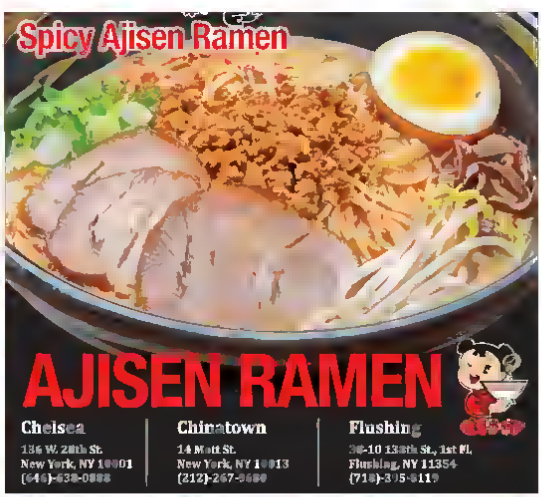

## Queens

**Aji Japanese Cuisine** — 36-06 Ditmars Blvd Astoria NY 11105 — 718-777-8489 — $20

**Ajisen Ramen*** — 36-10 138th St. 1st Fl Flushing NY 11354 — 718-395-8118 — $16

**ARIYOSHI*** — 41-13 Queens Blvd Sunnyside NY 11104 — 718-937-9256 — $18

**Bistro 33** — 19-33 Ditmars Blvd. Astoria NY 11105 — 718-721-1533 — $20

**Ginpuchi*** — 33-41 Francis Lewis Blvd. Bayside, NY — 718-539-8531 — $30

**gowasabi*** — 34-02 30th Ave Astoria NY 11103 — 718-204-7354 — $23

**Hakata** — 37-02 Prince St Flushing NY 11354 — 718-321-0290 — $13

**Hoshi Ramen & Izakaya*** — 152-12 Northern Blvd Flushing, NY 11358 — 718-224-2951 — $12

**Hotaru Japanese Restaurant*** — 10-70 Jackson Ave Longisland City NY 11101 — 718-392-5190 — $35

**Hinomaru Ramen** — 33-16 Ditmars Blvd, Astoria NY 11105 — 347-702-2643 — $15

**KATSUNO*** — 103-01 Metropolitan Ave Forest Hills, NY — 718-575-4033 — $35

**Kando Japanese Restaurant** — 29-13 Broadway Astoria NY 11106 — 347-617-1230 — $40

**Kyoto Sushi** — 153-11 Union Tpk. Flushing NY 11354 — 718-380-7777 — $25

**LINN Wafu Dining *** — 25-13 Broadway Astoria NY 11106 — 718-204-0050 — $30

**Matsu Sushi** — 3411 30th Ave Astoria NY 11103 — 718-726-7029 — $15

**Nonto** — 107-01 70th Rd Forest Hills NY 11375 — 718-263-2395 — $20

**Oishi Sushi** — 37-04 Ditmars Blvd Astoria NY 11105 — 718-626-0588 — $20

**Pink Nori*** — 31-09 30th Ave Astoria, NY 11103 — 718-606-2366 — $30

**Ramen Okidoki*** — 34-05 30th Ave. Astoria, NY 11103 — 718-606-1677 — $15

**Shiro of Japan Atlas Pk** — 90-40 Cooper Ave Glendale NY 11385 — 718-326-8704 — $20

**SUSHI ISLAND** — 57-16 Queens Blvd Elmhurst, NY 11373 — 718-803-3033 — $20

**Sushi Yasu*** — 70-11 Austin St. Forest Hills NY 11375 — 718-575-5100 — $30

**Tokesushi*** — 43-46 42nd St. Sunnyside NY 11104 — 718-729-3263 — $25

**Tondo Sushi** — 86-26 Fresh Pond Rd Ridgewood NY 11385 — 718-381-0809 — $12

**Udon West** — 13700 Northern Blvd Flushing NY 11354 — 718-359-2324 — $10

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**Bunhuru** — 920 Merchant's Concourse Westbury NY — 516-222-0091 — $30

**Inatome Japanese Steak House*** — 6 5th St Valley Stream NY 11581 — 516-872-0418 — $28

**Isono** — 214 Jericho Tpk Floral Park NY 11001 — 516-437-4552 — $25

**Koban Restaurant*** — 2016 Merrick Rd Merrick, NY 11566 — 516-223-8200 — $30

**Koiso** — 540 Westbury Ave Carle Place, NY 11514 — 516-333-3434 — $20

**RamBurn*** — 479 New York Ave Huntington, NY 11743 — 631-673-0080 — $30

**Konofune*** — 77 Commack Rd Commack NY 11725 — 631-499-1075 — $20

**Mumon Restaurant *** — 1300 Franklin Ave. Garden City NY 11530 — 516-747-3388 — $32

**Nagashima** — 12 A 1 Jericho Tpk. Jericho, NY 11753 — 516-338-0022 — $25

**Rock-n-Saku Port WA** — 90 Main St. Port Washington NY 11050 — 516-883-7253 — $30

**Sapporo** — 3266 Merrick Rd Wantagh NY 11793 — 516-785-3853 — $19

**Sea Restaurant*** — 23 Main St. Sag Harbor NY 11963 — 631-725-1774 — $45

**Shiro of Japan*** — 401 Old Country Rd Carle Place NY 11514 — 516-537-4770 — $20

**SUSHI ICHI** — 700 N Country Rd Setauket NY 11733 — 631-689-3111 — $25

**TAIKO Restaurant** — 16 S Village Ave. Rockville Ctr NY 11570 — 516-678-8145 — $20

**Tokyo Sushi** — 821 Carman Ave Westbury NY 11590 — 516-876-0033 — $20

**Tongo** — 196 Jericho Tpk Floral Park NY 11001 — 516-352-1116 — $20

**Yuki's Palette Ton*** — 161 Merrick Ave Merrick NY 11566 — 516-442-8738 — $25

## The Bronx

**OHANA** — 500 City Island Ave Bronx, NY 10464 — 718-885-0700 — $35

## Westchester

**Asian Temptation*** — 23 Mamaroneck Ave White Plains NY 10601 — 914-328-5151 — $25

**Euro Asian Bistro** — 30 Westchester Ave. Port Chester NY 10573 — 914-937-9690 — $25

**Gyu-Kaku*** — 189 Main St. White Plains, NY 10601 — 914-358-5208 — $40

**Westchester** **Haiku**
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914-644-8687

**Westchester** **Hajime***
257 Halstead Ave Harrison NY 10528 $35
914 777-1543

**Westchester** **Ichiro**
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914-437-9688

**Westchester** **Kajto***
78 Palmer Ave Bronxville NY 10708 $25
914-337-1258

**Westchester** **Karuta**
77 Quaker Ridge Rd New Rochelle NY 10804 $15
914-636-6688

**Westchester** **Mokomiya**
51 Court St White Plains NY 10601 $0
914-949-3712

**Westchester** **Mamiji***
281 Halstead Ave Harrison NY 10528 $25
914-835-1078

**Westchester** **Naaasa**
522 Mamaroneck Ave White Plains NY 10605 $50
914-285-5351

**Westchester** **Nishi**
473 Ashford Ave Ardsley NY 10502 $25
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## New Jersey

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**New Jersey** **Akai Sushi Louage**
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**New Jersey** **Aoyama**
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732 271-2556

**New Jersey** **Asahi Japanese**
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201 944-5113

**New Jersey** **Oaimatsu**
600 Mountain Ave Mountainside, NJ 07092 $25
908-233-7888

**New Jersey** **East Japanese**
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201-837-1260

**New Jersey** **Hachi Sushi**
98 Linwood Plz Fort Lee NJ 07024 $15
201-585-8858

**New Jersey** **Hashi Sushi & BBQ***
287 Wood Ave Linden NJ 07036 $20
201-482-4388

**New Jersey** **Higo Battea Ramen***
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**New Jersey** **Honshu Louage***
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**New Jersey** **Ichi Umi Restaurant**
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**New Jersey** **Moastar Sushi***
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**New Jersey** **Nagoyaka Sushi***
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973-623-1848

**New Jersey** **Princeton Tamo Sushi**
236 Nassau St Princeton NJ 08542 $15
609-924-8478

**New Jersey** **Raku Izakaya**
203 Main St. Fort Lee, NJ 07074 $25
201-585-0707

**New Jersey** **Raman Setagaya**
243 Main St. Fort Lee NJ 07024 $13
201-585-0739

**New Jersey** **Sakura-bana**
43 Franklin Ave Ridgewood NJ 07450 $25
201-447-6575

**New Jersey** **Santohka (Mitsuwa)**
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201-941-1004

**New Jersey** **Saauki Sando (Mitsuwa)**
595 River Rd Edgewater, NJ 07020 $10
201-941-8113

**New Jersey** **Sugi**
2117 Rt. 4 E Fort Lee NJ 07024 $22
201-461-3100

**New Jersey** **Sushi Taago**
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201-332-8300

**New Jersey** **TATSUMI**
1034 River Rd Edgewater NJ 07020 $25
201-968-0202

**New Jersey** **Taak On The Hudson**
16 Hudson Pl Hoboken NJ 07030 $30
201-653-6886

**New Jersey** **Taado Sushi**
10 Schuyler Ave Kearny NJ 07032 $12
201-991-5588

**New Jersey** **Toya Restaurant**
488 Anderson Ave Cliffside Park NJ 07010 $20
201-017-5532

**New Jersey** **Umaya**
158 Fairmont Rd Cresskill NJ 07626 $25
201-816-0511

**New Jersey** **Yakitori 39**
252 254 Degraw Ave Teaneck, NJ 07666 $25
201-487-0700

**New Jersey** **Yamagata Restaurant***
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201 585-0488

**New Jersey** **Yumi**
1120 Ocean Ave Sea Bright NJ 07760 $45
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## Connecticut

**Connecticut** **Ahis**
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**Midtown East** **Cafe Zaiya Midtown E**
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| 8 Stuyvesant St. (bet. 9th St. & 3rd Ave.) 212-777-1800 | | Bakery |
| East Village | **Spot Dessert Bar** | |
| 13 St. Marks Place NY 10003 212-677-5670 | | Cakes |
| Lower Mhn | **BantOa Cafe** | |
| 123 William St (bet.Fulton & John St.) 212-608-1850 | | Cafe |
| Lower Mhn | **Yaya Tea Garden** | |
| 51 Chrystie St (bet. Hester & Canal St.) 212-226-1403 | | Boo Balls |
| Lower Mhn | **Yaya Tea Garden** | |
| 200 Grand St (bet. Grand & Mott St.) 212-823-2392 | | Rice Balls |
| Brooklyn | **Baum's Sho** | |
| 88 South 8th St Brooklyn NY 11249 347 599-1861 | | |
| Brooklyn | **Brooklyn Ball Factory** | |
| 95 Montrose Ave (bet. Leonard & Manhattan Ave.) 718-387-5296 | | Meatball Rento |
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| 37-06 Prince St. Flushing NY 11354 718-536-3302 | | Desserts |
| Queens | **Kulu Desserts** | |
| 85-55 Broadway Elmhurst NY 11373 718-751-8898 | | Desserts |
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| 4126 27th Ave Long Island City NY 11101 718-784-3680 | | Cafe |
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| East Village | **Planet Rose** | |
| 219 Ave. A (bet. 13th & 14th St.) 212 353-3500 | | $2/song |
| East Village | **Second on Second** | |
| 27 2nd Ave (bet 1st & 2nd St.) 212-473-2922 | | $30/h /room |
| East Village | **U2 Karaoke Lounge** | |
| 8 St. Marks Pl (bet. 2nd & 3rd Ave.) 212 228-8250 | | $8/h |
| Lower Mhn | **Asia Roma** | |
| 40 Mulberry St (bet. Worth & Bayard St.) 212 385-1133 | | No charge |
| Lower Mhn | **Bmy Karaoke Bar** | |
| 8 Thompson St. 2 Fl (bet. 6th Ave. & Canal St.) 212-334-5490 | | $30/h /box |
| Lower Mhn | **Mott Karaoke Lounge** | |
| 43 Mott St. (bet. Worth & Bayard St.) 212 693-0004 | | min $30 /room |
| Brooklyn | **100 Fua** | |
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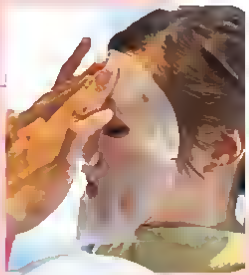
# Beauty & Health Tricks

## VOL.1: HOW TO MAKE YOUR FOUNDATION LAST LONGER

In this new corner beauty and hair specialists share their tips for skincare, makeup, hair care and hair styles. This month, makeup artist, WATARU, talks about the secret of how to make your foundation last longer.

Making skin beautiful is the first and most important step of a successful makeup routine. But even if you master techniques to wear foundation perfectly, it often happens that the foundation disappears and smudges by lunchtime. How can we avoid this? "The key is skincare," says WATARU. "I suggest you apply a moisturizing mask before applying makeup. You don't have to buy expensive masks. You can soak moisturizing lotion you regularly use into a face lotion sheet, place on your face, and leave it for up to 5 minutes. The lotion permeates deeper into your skin by doing this." He advises to do this 2-3 times a week. Also, he warns not to leave it on your skin more than 5 minutes. Once your skin is filled up with enough moisture, it does not absorb moisturizing agents anymore, but rather, it starts drying out. "After the moisturizing mask, you apply base cream, UV cream and then foundation. This process helps your foundation look perfect all day."

**WATARU** is a painter-turned-makeup artist working in New York since 2014. He also holds makeup lessons at SALON VIJIN and attends private cosmetic/skincare shopping microcosmo info@gmail.com | watarumakeup.tumblr.com | @wataru_makeup
**Salon Vijin** 22 E. 1st St., New York, NY 10003 | www.salonvijin.com



Moisturizing skin fully before wearing foundation is the key to maintaining your beautiful makeup all day long.

Face lotion sheet is a convenient tool for transforming your regular lotion to a moisturizing mask. Available at MUJI stores.

10th ANNIVERSARY
A GREAT BIG THANK YOU
TO ALL OUR CLIENTS
ALL SERVICES
20% OFF
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Thank you for the last 10 years and looking forward to the next 10!
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15 W. 44th St. 10th Fl. (bet. 5th & 6th Ave.)
Mon-Fri 10am-9pm Sat & Sun 10am-7pm
Reservations required.

# Beauty Guide

Indicated prices are base cha rcut price for hair salons and recommended treatment price for spas
★ Chopsticks NY available to pick up

## HAIR SALON

**Midtown East — RH Plus Salon***

RH+

Try the newest perm technologies from Japan, the Digital Hot Wave and the Digital Perm / Japanese Straightening Perm
Comb nation First time clients will receive 10% off with coupon

| | |
|---|---|
| 805 3rd Ave., 2 Fl. (bet. 49th & 50th St.)<br>212-644-8058 www.rhplusny.com | $50- |

**Chelsea — Tomoko Shima Hair Salon DT**

$45 haircut with simple hand dry always. Sometimes you find a business that is a gem, reminding you why you live in NYC. We provide impeccable service, excellent prices, and we reward our loyal clients. Please mention Chopsticks NY!

| | |
|---|---|
| 235 W. 14th St. #3I (bet. 7th & 8th Ave.)<br>646-838-9277 www.tomokoshima.com | $45- |

**East Village — SALON VIJIN***

Salon Vijin has reopened in the Lower East Side with a new pass on to evolve to the latest hair styles and design trends providing even more soph sticated serv ces and technology

| | |
|---|---|
| 22 East 1st St. (bet. Bowery & 2nd Ave.)<br>212-864-0884 www.salonvijin.com | $60- |

**East Village — Yo-C Salon***

The owner stylist Yoshi utilizes funky & edgy styles of Tokyo elegance of Paris and aggressiveness of NY styles and high gifts and valued customer s pe sonality An interpretation of Japanese Straight Perm and cut is $300 & up Student discount available

| | |
|---|---|
| 225 E. 5th St. (bet. 2nd & 3rd Ave.)<br>212-529-0355 www.yo-csalon.com | $75- |

**Upper West — Hoshi Coupe III**

| | |
|---|---|
| 2801 Broadway (at 108th St.)<br>212-663-0490 | $40- |

**Upper East — BLU BOCKER**

| | |
|---|---|
| 436 E. 75th St. (bet. 1st & York Ave.)<br>646-672-5316 | $55- |

**Upper East — Michi***

| | |
|---|---|
| 206 E. 60th St. (bet. 2nd & 3rd Ave.)<br>212-752-9225 | $50- |

**Upper East — Tomoko Shima Hair Salon***

| | |
|---|---|
| 171 E. 92nd St. (bet. Lexington & 3rd Ave.)<br>212-722-1822 | $90- |

**Midtown West — Midoma Salon-Gallery**

| | |
|---|---|
| 545 8th Ave. (bet. 37th & 38th St.)<br>917-432-2987 | $100- |

**Midtown West — Mitzu Hair & Make-up**

| | |
|---|---|
| 57 W. 57th St. #1204 (at 5th Ave.)<br>212-575-5390 | $135- |

**Midtown East — Belee New York**

| | |
|---|---|
| 238 E. 53rd St. (bet. 2nd & 3rd Ave.)<br>646-707-0050 | $50- |

**Midtown East — Eqi Salon**

| | |
|---|---|
| 601 Madison Ave. 5 Fl. (bet. 57th & 58th St.)<br>212-838-3454 | $125- |

**Midtown East — Hair Mates Midtown***

| | |
|---|---|
| 114 E. 40th St. (bet. Lexington & Park Ave.)<br>212-986-2630 | $55- |

**Midtown East — Hazuki Hair**

| | |
|---|---|
| 321 E. 53rd St. (bet. 1st & 2nd Ave.)<br>212-755-2623 | $38- |

**Midtown East — Hisako Salon***

| | |
|---|---|
| 233 E. 50th St. (bet. 2nd & 3rd Ave.)<br>212-754-7640 | $80- |

**Midtown East — Mingle/SOHO New York**

| | |
|---|---|
| 141 E. 55th St. (bet. Lexington & 3rd Ave.)<br>212-758-2357 | $40-<br>(SHNY) |

**Midtown East — Momotaro***

| | |
|---|---|
| 22 E. 49th St. 2 Fl. (bet. Madison & 5th Ave.)<br>212-759-2382 | $70- |

**Midtown East — Salon Ishi**

| | |
|---|---|
| 70 E. 55th St. (bet. Park & Madison Ave.)<br>212-486-4744 | $87 |

**Midtown East — Salon Kinya**

| | |
|---|---|
| 8 E. 41st St. 2 Fl. (bet. 5th & Madison Ave.)<br>212-576-1117 | $85- |

**Midtown East — Salon Wave**

| | |
|---|---|
| 1021 2nd Ave. (at 54th St.)<br>212-355-7366 | $50- |

**Midtown East — T-Gardens New York**

| | |
|---|---|
| 321 E. 50th St. (bet. 1st & 2nd Aves.)<br>212-355-0105 | $70- |

**Midtown East — VARTALI SALON**

| | |
|---|---|
| 45 East 57th St. (bet. Park & Madison Ave.)<br>212-335-4640 | $85- |

**Midtown East — YUKIE Hair & Nail Salon**

| | |
|---|---|
| 40 E. 58th St. (bet. Park & Madison Ave.)<br>212-702-9900 | $40- |

**Chelsea — Curvy Lashes & Hair**

| | |
|---|---|
| 123 5th Ave. 2nd Fl. (bet. 19th & 20th St.)<br>347-823-2613 | $45- |

**Chelsea — Hisako Salon***

| | |
|---|---|
| 183 7th Ave. (bet. 20th & 21st St.)<br>212-399-2233 | $55- |

**Chelsea — Hoshi Coupe I**

| | |
|---|---|
| 255 W. 19th St. (bet. 7th & 8th Ave.)<br>212-255-0770 | $50- |

**Chelsea — KIWA Salon***

| | |
|---|---|
| 234 W. 27th St. (bet. 7th & 8th Ave.)<br>212-620-3645 | $55- |

**Chelsea — Reiko's Hair & Makeup**

| | |
|---|---|
| 256 W. 15th St. (bet. 7th & 9th Ave.)<br>646-221-5317 | $50- |

**Gramercy — Hayato New York***

| | |
|---|---|
| 125 E. 23rd St. 2 Fl. (bet. Lexington & Park Ave.)<br>212-473-7373 | $70- |

**Gramercy — Ken Shigematsu**

| | |
|---|---|
| 123 5th Ave. 2 Fl. (bet. 19th & 20th St.)<br>646-234-1134 | $30- |

**Gramercy — Warren-Tricomi**

| | |
|---|---|
| 125 5th Ave. (bet. 19th & 20th St.)<br>212-982-9696 | $160- |


Glamour up your style!

*Shiseido Digital Perm is now available!* $115

Soft curls or a natural loose waves, get the style you want with a personalized treatment. This long-lasting and highly reproducible perm will make your styling routine a breeze.

Recommended for these hair types.
- Thick, high-volume, coarse or very fine hair - Healthy hair that normally does not take a perm. - Hair that is treated with hair straightening.

"FOREVER"

CUT plus
A Root Touch-Up $65
B Full Color $95
C Full Color + Treatment (Pre Care) $105
D Full Color + Treatment (Home Care Included) $135
E Root Touch-Up + Treatment (Home Care Included) $105

30% SAVINGS FROM THE ORIGINAL PRICE

Shampoo + Blow Dry + Styling Included

*Head spa starts at 5pm, $60 Limit basis with each of these services.

AUBE hair New York

77 E. 10th St (bet. 3rd & 4th Aves.)
347-259-1111 Open 7 days / 10:00 - 21:00
aube-new-york.com/en

We are currently hiring hair stylists and nailists.

**West Village** **GARDEN** $70-
323 W 11th St (bet. Greenwich & Washington) 212-647-8303

**West Village** **SEI-TOMOKO W4** $40-
142 W 4th St. (Washington Sq. Pk. & 6th Ave.) 212-477-5475

**East Village** **AUBE hair New York** $40-
77 E 10th St. (bet. 3rd & 4th Ave.) 347-259-1111

**East Village** **Ola la*** $50-
149 Ave. A (bet. 9th & 10th St.) 212-777-5252

**East Village** **Hair by MIYU** $45-
204 E 5th St. (bet. Cooper Sq. & 2nd Ave.) 917-405-6636

**East Village** **Hair Oate** $50-
323 Bowery (bet. 2nd & 3rd St.) 212-228-0301

**East Village** **Hair Mates Downtown*** $45-
13 3rd Ave. (bet. 7th & St. Marks Pl.) 212-777-4812

**East Village** **Hoshi Coape II** $45-
214 E. 9th St. (bet. 2nd & 3rd Ave.) 212-505-0383

**East Village** **i Salna*** $45-
77 E. 10th St. (bet. 3rd & 4th Ave.) 212-505-0537

**East Village** **K2 Salon** $65-
218 E. 10th St. (bet. 1st & 2nd Ave.) 212-260-5198

**East Village** **KAMINDTECH** $50-
150 2nd Ave.(bet. 9th & 10th St.) 212-388-9342

**East Village** **Kiyora Salon*** $80-
15 E. 12th St. 2 Fl. (5th Ave. & University Pl.) 212-414-4488

**East Village** **Pirka Salon** $60-
233 E. 4th St. (bet. Ave. A & B) 212-473-8208

**East Village** **Q Hair*** $65-
19 Bleecker St. (bet. Bowery & Layfayette St.) 212-614-7729

**East Village** **Redge Salon** $45-
75 E. 7th St. (bet. 1st & 2ND Ave.) 212-777-3343

**East Village** **Rebirth** $60-
304 E. 9th St. (bet. Ave. B & C) 212-477-1742

**East Village** **SEI-TDMDKD 02** $40-
129 E 4th St. (bet. 1st & 2nd Ave.) 212-473-3320

**East Village** **SEI-TOMDKO E13** $40-
240 E. 13th St. (bet. 2nd & 3rd Ave.) 212-533-6113

**East Village** **Takamichi Hair*** $120-
263 Bowery St. (bet. Houston & Stanton St.) 212-420-7375

**East Village** **Tokayama Salon** $60-
627 E. 6th St. (bet. Ave. B & C) 212-260-7607

**Lower Mhn** **Cocoro Salon** $65-
122 Ludlow St. (bet. Rivington & Delancey St.) 212-228-8389

**Lower Mhn** **Hazuki Hair Downtown** $40-
102 Suffolk St. (bet. Delancey & Rivington Sts.) 212-228-3450

**Lower Mhn** **Kaneko Salon** $40-
91 Clinton St. (bet. Rivington & Delancey St.) 212-260-3611

**Tribeca** **Lotus Salon North Moore** $80-
34 North Moore St. (bet. Varick & Hudson St.) 212-219-3538

**Tribeca** **Salon Masa** $75-
166 Sullivan St. (bet. Prince & Houston St.) 646-484-0033

**Tribeca** **Tokuyama Salon** $80-
34 N Moore St. (bet. Hudson & Varick St.) 212-219-3538

**Soho** **Lotus Salna Prnce St** $90-
7 Prince St. (bet. Bowery & Elizabeth St.) 212-219-3293

**Brooklyn** **Cocoro Salon*** $60-
129 N. 6th St (bet. 6th & 7th St.) 718-782-1188

**Brooklyn** **Commune at Krost*** $50-
185 Rosbling St (bet. Grand & 51st St.) 718-384-7412

**Brooklyn** **Shizen** $85-
57 N. 6th St (bet. Kent & Wythe Ave.) 347-529-9517

**Long Island** **L I Wave*** $40-
16 Haven Ave. 2nd Fl. Port Washington NY 11050 516-883-3048

**Westchester** **Akaan Salna** $55-
7 E. Hartsdale Ave Hartsdale NY 10530 914-948-0218

**Westchester** **Hair Studio NAKA*** $85-
267 Halstead Ave Harrison NY 10528 914-835-0045

**Westchester** **Momotaro*** $60-
2 Spencer Pl. 2 Fl. Scarsdale, NY 10583 914-472-5897

**Westchester** **Salon Susea** $40-
19 E. Hartsdale Ave. Hartsdale NY 10530 914-946-7475

**New Jersey** **Akane Salna*** $40-
2024 Center Ave Fort Lee, NJ 07024 201-461-3644

**New Jersey** **Katsuko Salon*** $50-
2035 Lemoine Ave Ilsmt. Fort Lee NJ 07024 201-585-9535

**New Jersey** **Michi Beauty Salon** $50-
595 River Rd. Edgewater NJ 07020 201-941-1883

**New Jersey** **Salon Oasis*** $50-
170 Main St Fort Lee NJ 07024 201-242-0554

**New Jersey** **Tosh Hair Suprema*** $45-
1560 Lemoine Ave Fort Lee NJ 07024 201-461-3037

**Connecticut** **Hiros Hair Salon*** $35-
240 Railroad Ave Greenwich CT 06830 203-769-1970

## SPA

**Midtown West** **Purest Laser** 30 short $45-
25 W 39th St. 11th Fl (bet. 5th & 6th St.) 212-302-0038

**Midtown West** **Salon de Tokyo** $70-
200 W 57th St. #1309(bet.7th Ave & Broadway) 212-757-2187

**Midtown West** **SHIZUKA New York** $65-
7 W 51st St. 6 Fl (bet. 5th & 6th Ave.) 212-644-7400

**Midtown West** **Spa Karen NY** $60-
15 W 44th St 10 Fl (bet. 5th & 6th Ave.) 212-729-3521

**Midtown East** **Hana Day Spa*** $100-
200 E 60th St. (bet. 2nd & 3rd Ave.) 212-752-3225

**Midtown East** **Herbal Fairy Wellness Spa** $80 /70min
333 E 43th St (bet. 1st & 2nd Ave.) 212-260-3688

**Midtown East** **MDDNFLOWER SPA*** $75-
6 E 41st St. 3 Fl (bet. Madison & 5th Ave.) 212-983-8728

**Midtown East** **Spa Martier** $40-
1014 2nd Ave (bet. 53rd & 54th St.) 646-781-3758

**Koreatown** **Aura Wellness Spa** $130-
43 W 33rd St (bet. 5th Ave. & Broadway) 212-695-3558

**Koreatown** **YAK SON HOUSE*** $150-
36 W 32nd St 701 (bet. Broadway & 5th Ave.) 212-564-7474

**Chelsea** **Bling Lash** $120-
20 West 23rd St. 2nd Fl (bet 5th & 6th Ave.) 646-599-8008

**Chelsea** **Excy Laser Hair Removal*** $30-
143 W 29th St (bet. 6th & 7th Ave.) 212-695-1868

**Chelsea** **Fabylous Living** $100-
145 W 28th St 5 Fl (bet. 6th & 7th Ave.) 212-273-0558

**Chelsea** **Mist Beauty** $45-
145 W 28th St 5 Fl (bet. 6th & 7th Ave.) 212-643-3447

**Chelsea** **New York Electrolysis** $50-
10 E. 23rd St. suite 220 (bet. 5th & Park Ave. 212-473-4358

**Gramercy** **RounGe NYC** $25-
201 E. 23rd St (bet. 2nd & 3rd Ave.) 646-707-3504

**East Village** **TAMAGO Skincare** $40-
236 E. 13th St (bet. 2nd & 3rd Ave.) 212-505-1566

**Lower Mhn** **Corina Beauty Center** $35-
121 Baxter St (bet. Canal & Hester St.) 212-941-7115

**Lower Mhn** **Facial Spa** $30-
170-172 Canal St (bet. Mott & Elizabeth St.) 212 925-5114

**Lower Mhn** **KSS BEAUTY SPA** $35-
118-120 Baxter St. #101 (bet.Canal & Hester St.) 212-966-9531

**Lower Mhn** **Lucky Island** $25-
166 Mott St. (Broome & Grand St.) 212-226-0328

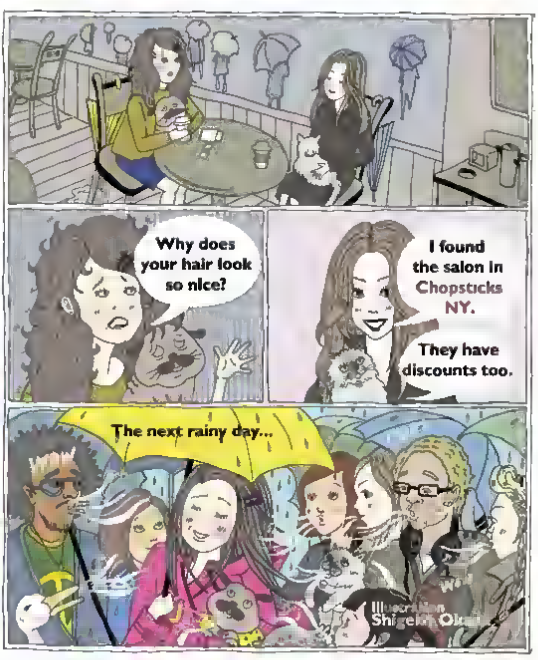
**Lower Mhn** **Spring Thyme Wellness Spa** $40-
40 Exchange Pl. #612 (William & Broad St.) 212 385-4973

**Soho** **SPANAIL** $50-
120 Sullivan St (Spring & Prince St.) 646-476-3271

**Queens** **Spa Castle** $35-
131 10 11th Ave College Point NY 11356 718-939-8300

**New Jersey** **Hiros Day Spa** $70-
45 Franklin Ave Ridgerwood NJ 07450 201-445-1311

**New Jersey** **King SPA Fitness** $45-
321 Commerbal Ave. Palisades Park NJ 07650 201-947-9955


Why does your hair look so nice?
I found the salon in Chopsticks NY.
They have discounts too.
The next rainy day...
Illustration Shigeki Okada

# Health Guide

Indicated prices are recommend Please call to confirm.

* Chopsticks NY available to pick up

## SHIATSU

**Midtown West — Endo Sattar Shiatsu**

A veteran practitioner of Sattai with 23 years of experience, Mr. Endo corrects imbalances in your body to improve your posture, alleviate back, arm and neck pain and increases energy. Sattai (postural alignment) heals your body. Appointment is required.

153 W. 27th St. #702 (bet. 7th & Broadway) | $90
973-951-2939 | /60min

**Midtown East — Do-in Center**

Are you sick and tired of feeling pain in your lower back, neck, shoulders or feet? Sometimes even x-rays will not show the cause of pain. For 18 years Noriyuki Suzuki, master of Do-in Sattai, has been using unique Sattai methods to eliminate pain and aches. He will determine the root of your pain and activate your own self healing power. I'm fixing without drugs, pills, shots or surgery! See testimonials on his website!

141 E. 55th St. 2E (bet. Lexington & 3rd Ave.) | Sattai
212-857-0114 www.doinsattai.com

**Upper West — Your True Self**

501 Seminary Row (at Amsterdam Ave.) | $75
212-678-4251 | /60min

**Midtown West — Osaka Health Spa 46**

37 W. 46th St. 3 Fl (bet. 5th & 6th Ave.) | $120
212-575-1303 | /60min

**Midtown West — Solon de Tokyo***

200 W. 57th St. #1308 (at 7th Ave.) | $80
212 757 2187 | /60min

**Midtown East — ease NY LLC**

16 E. 41st St. #2 (bet. Madison & 5th Ave.) | $85
212-661-5151 | /50min

**Midtown East — Herbal Fairy Wellness Spa**

333 E. 43th St. Lobby O (bet. 1st & 2nd Ave.) | $80
212-216-9498 | /60min

**Midtown East — iDo Holistic Center***

22 E. 49th St. 3rd Fl (bet. Madison & 5th Ave.) | $80-
212-838-2400

**Midtown East — Kenkodo**

211 E. 53rd St. (bet. 2nd & 3rd Ave.) | $80
212-980-0088 | /60min

**Midtown East — Madison Healing Arts**

280 Madison Ave. Suite 508 New York, NY 10016 | Couples
646-756-2610 | Massage

**Chelsea — Cowlicks Japan***

137 W. 19th St. (bet. 6th & 7th Ave.) | $45
212 387 2123 | /30min

**East Village — Ketsy**

228 E. 9th St. 2 Fl (bet. 2nd & 3rd Ave.) | $45
212-253-0171 | /60min

**Lower Manhattan — Health Trend CO.**

23 Fulton St. 2 Fl (bet. Front & Dovers St.) | $40
212-406-2212 | /60min

**Lower Manhattan — Whole Health Wellness Center & Med Spa**

34 Howard St. 2 Fl (bet. Broadway & Crosby St.) | $55
212-625-6366 | /60min

**New Jersey — Endo Sattai Shiatsu NJ**

23 Kingsland St. 2 Fl. Nutley, NJ 07110 | $90
973-951-2939 | /60min

## ACUPUNCTURE

**Midtown West — Nihon Medical Healthcare (Manhattan 44)**

15 W. 44th St. 10 Fl (bet. 5th & 6th Ave.) | $60
212-575-8810 | & up

**Midtown West — Vital Balance Healing Center**

241 W. 37th St. #405 (bet. 7th & 8th Ave.) | $35
212-470-3258 | /60min

**Midtown East — Acamed Center***

150 E. 56th St. #1C (bet. 3rd & Lexington Ave.) | $30
212-818-9877 | /60min

**Midtown East — Amy Nature Center**

137 E. 47th St. 1 Fl (bet. 3rd & Lexington Ave.) | $80
212 317-2720 | /visit

**Midtown East — Cornerstone Acapuncture**

30 E. 40th St. PH SE (bet. Park & Madison Ave.)
212-448-5898

**Midtown East — Love & Compassion**

124 E. 40th St. 12th Fl (bet. Lexington & Park Ave.) | $180
212-242-8701 | /120min

**Chelsea — SaHa Natural Health**

1 Union Sq. W. #715 (at E.14th St.) | $30
212-691-9281 | /visit

**Soho — Mushin Acupuncture**

50 Greene St. 2fl (bet. Broome & Grand St.) | $75
347-625-7242 | & up

**Queens — Chea Gar**

133-47 Sanford Ave. #1G Flushing, NY 11355 | $60
718-961-7222 | /45min

**Long Island — Kimuro Acupuncture**

991 Hillside Ave. Ste. K Williston Park, NY 11596 | $90/acu
516-882-1292 | $40/ear

**New Jersey — Dr. Hong**

6135 Bergenline Ave. #3 West NY, NJ 07093 | $70
201-854-8488 | /30min

## DOCTOR

**Upper East — Charles K. Lovtag Jr**

17 E. 84th St. (bet. 5th & Madison Ave.) | Cosmetic
212-861-7373 | Surgery

**Midtown West — Anshin Medical Health Care**

36 W. 44th St. #303 (bet. 5th & 6th Ave.) | General
212 730-8010 | Clinic

**Midtown West — Nihon Medical Healthcare (Manhattan 44)**

15 W. 44th St. 10 Fl (bet. 5th & 6th Ave.) | General
212-575-8810 | Clinic

**Midtown East — Horuyo Fujiwaki PhD**

117 E. 57th St. #1A (bet. Lex. & Park Ave.) | Psychi-
212 256-2727 | ologist

**Midtown East — iDo Holistic Center***

22 E. 49th St. 3rd Fl (bet. Madison & 5th Ave.) | Herbal
212-593-5300 | Medicine

**Midtown East — Japanese Medical Practice**

56 E. 34th St. 2 Fl (bet. Park & Madison Ave.) | General
212-689-2119 | Clinic

**Midtown East — Midtown Dental Group**

155 E. 55th St. #301 (bet. Lex. & 3rd Ave.) | Dentist
212-753-5566

**Midtown East — Mika Hayashi, DPM, PC**

350 Lexington Ave. #501(at 40th St.) | Foot&Ankle
212-682-0043 | Podiatry

**Midtown East — Morledge Medical**

150 E. 58th St. 14Fl (at Lexington Ave.) | Clinic
212-583-2830

**Chelsea — Haruna Miyamoto SW**

304 W. 19th St. #3C (bet. 8th & 9th Ave.) | Social
347-403-3508 | Worker

**Gramercy — Astor Smile Dental**

191 3rd Ave. (at 17th St.) | Dentist
212 254-0900

**Gramercy — Heritage Wellness**

110 E. 23rd St. (bet. Park & Lexington)
917-582-8328 | Medicine

**Gramercy — Waterside Dental Care***

10 Waterside Plaza Lobby Level (bet. 29th & 30th St.)
212-683-6260 | Dentist

**Queens — Herbal Healing Traditions**

30-16 30th Dr. 2nd Fl. Astoria, NY 11102 | Chinese
888-582-8328 | Medicine

**New Jersey — Edgewater Family Care Center**

725 River Rd. #202 Edgewater, NJ 07020 | General
201 943-4040 | Clinic

**New Jersey — Japanese Woman's Center**

970 Palisade Ave. #305 Teaneck, NJ 07666 | OBGYN
201 747 2264

**New Jersey — New Jersey Clinic**

2231 Lemoine Ave. Fort Lee, NJ 07024 | OBGYN
201-944-1008 | Gastro

## CHIROPRACTIC

**Upper East — Cucci Chiropractic**

131 E. 61st St. (bet. Park & Lexington) | $100
212-860-8302 | /visit

**Midtown East — Dr. Louis T. Culvaan**

481 3rd Ave. (bet. 32nd & 33rd St.)
212 683-5490

**Midtown East — Heredo Chiropractic**

15 E. 40th St. #901 (bet. Madison & 5th Ave.) | $80-
212-350-8031 | /visit

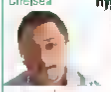
## OTHER

**Midtown East — Jikiden Reikr**

Reiki is an energy healing which helps improve your body and mind for your overall health. You can also learn how to do Reiki. Please contact for session and class schedules. Their offices are located in Chelsea & Queens.

646-226-3237 | Reiki
hypnohistory.kidane@gmail.com

**Chelsea — Hypnosis & Humanistic NLP**



Holistic approach helps people safely deal with anxiety, stress, depression, self-esteem & confidence issues, inner-child (childhood trauma) issues, and improve mental & emotional well being. Let's start a journey to positive life changes and happiness.

20 W. 20th St. #311 (bet. 5th & 6th Ave.) | NLP &
www.kthypnosis.com kthypno@gmail.com | Hypnosis

**Upper West — Gaia Holistic Health**

20 W. 64th St. #2fa (bet. W 63rd & 64th St.)
212 799-5711

**Midtown East — Pilar Thai Massage**

211 E. 43rd St. (bet. 2nd & 3rd Ave.) | $100
347-806-4696 | /60min

**Upstate — Body By Chizura**

40 Memorial Hwy. New Rochelle, NY 10801 | Personal
917-499-9670 | Trainer

**New Jersey — Club Metro USA***

1042 Schlosser St. Fort Lee, NJ 07024
201-944-2725

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# Bizen Osafune: From Samurai Weapons to Treasures

*Katana* might be a familiar word to those interested in Japanese history, traditional culture, and samurai sword-fighting stories in modern manga, anime, and films. It refers to the swords that samurai carried and used during feudal times. With sharp-edged blades made of *hagane* steel, katana have unique shapes and structures that can only be created by artisans. Bizen Osafune swords (from the town of Osafune in the Bizen region of Japan) were considered among the most well-made and precious katana during the samurai era, and they continue to be treasured today.

Although several areas were known for producing katana in samurai times, Bizen (in Okayama Prefecture) is one of the oldest and most important, with a history that dates back a thousand years. Half of the existing katana that have been deemed National Treasures by the Japanese government are from this region. Bizen is the ultimate capital of Japanese swords.

These days, there are no official samurai, and nobody uses katana in daily life. Though the functions and significations of katana may have changed in the years since the samurai era, the swords remain objects of high aesthetic value. In Setouchi City, where the town of Osafune is located, the techniques and artisanship behind katana making are still alive, and we can observe them in the Bizen Osafune Japanese Sword Museum, which is dedicated to katana. This is a rare spot where you can not only view exhibitions of Bizen katana but also observe artisans from around Japan making katana. In addition to its regular displays, the museum also hosts special exhibitions, demonstrations of katana making, and workshops in which visitors can try making their own knives.

Katana truly are works of art. To make just one sword requires an extremely elaborate and complex process that usually takes an entire year, forging iron into a steel blade by hammering, followed by polishing and sharpening the blade, making the blade collar, making the *saya* (scabbard), lacquering it, wrapping the *tsuka* (handle), and engraving the blade. In the museum, you can learn about these processes from the exhibitions and also watch artisans making katana and even talk with them. A demonstration of the traditional style of hammering steel is held on the second Sunday of each month. If you wish to acquire your own katana, you can order one at the museum. Artisans handcraft your katana, customizing to your favorite length, color and design, but note that it takes about a year to finish and costs $20,000 and up.

Traditionally, steel made of iron sand is heated to about 2,400 °F and then hammered to make a blade.

Sharpening the blade is an important process that adds character to the katana. It takes 80 to 100 hours to complete.

The handle of this katana is wrapped with shagreen and reinforced with silk thread. This makes the handle easier to hold and beautiful to look at.

The guard of a katana, also made with wrought iron, has beautiful engravings, sometimes with inlaid decorations.

*Sword production photos by Takemi Nishi.

**Bizen Osafune Japanese Sword Museum**
966 Osafune, Osafune-cho,
Setouchi City, Okayama Prefecture
TEL +81-869-66-7767 | www.city.setouchi.lg.jp/token

www.city.setouchi.lg.jp/token

# SETOUCHI CITY:
# The Capital of Japanese Sword Making

**Half of the swords that have been designated as National Treasures of Japan and half of the existing Japanese swords today are from Setouchi City.**

A swordsmith is responsible for the first process in creating a sword. Today machineries are used, but in the olden days, a sword was made by repeatedly hammering iron, heated to about 2400 °F, with an 8 kg hammer, stretching and forging it.

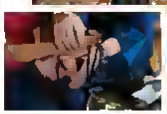
The case to hold a sword, called saya, is created by a scabbard maker, sayashi

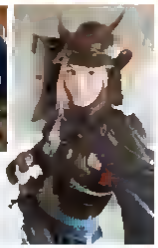
A sheath, created by a lacquer artisan, is painted with lacquer to make it beautiful and waterproof

The artworks and letters engraved on the blade, blade collar and the guard are done by a sword engraver

## Bizen Osafune Japanese Sword Museum

Experience making a sword or taking pictures wearing armor!





Facing Seto Inland Sea, Setouchi City is located 4 hours away from Tokyo by a shinkansen (bullet train) and local train. Japanese sword production began around 12th Century, and half of the swords that have been designated as National Treasures of Japan were created in this city. Today it is credited for producing half of the existing Japanese swords. The city celebrates swordsmanship with a museum hosting various sword-making workshops.

Sword production photos by Takeshi Nishi

# JAPANESE SUB-CUL WATCH

## The Top 10 Ninja Video Games By Jessica Famularo

**Throwing stars, silent-but-deadly stealth maneuvers, and cool clothes—ninja are possibly one of the most romanticized aspects of Japanese culture. Video games, of course, are happy to maintain that image and let us live out our wildest ninja fantasies. We've picked out our 10 best ninja games (or game series) of all time. See if you agree!**

### 10. Mini Ninjas

*Mini Ninjas* is a little indie game from 2009 that pays tribute to all things ninja with its charming art style and simple mechanics. The game foregoes the typical blood and gore of many early ninja games to present something a tad more whimsical.

www.ign.com

### 9. Bushido Blade

*Bushido Blade* was one of the first ninja games rendered in 3-D, and also one of the toughest thanks to its Body Damage System. Where most fighting games have health bars, Bushido Blade was the exception. This more realistic system allowed players to cripple their opponents by targeting legs or arms—or causing death with a single, well-placed blow.

www.ign.com

### 8. Teenage Mutant Ninja Turtles

*Teenage Mutant Ninja Turtles* first appeared in Japanese arcades as a coin-op game by Konami before making its way to the NES. This side-scrolling beat 'em up let '80s kids realize their wildest dreams playing as all four of the eponymous turtles.

www.rantgamer.com

### 7. Fruit Ninja

No ninja game is quite as satisfying as *Fruit Ninja*, with its sloppy, tactile sound effects and bright colors. This is a game that delights in making a mess, made all the more fun because you're wielding a katana.

halfbrick.com

### 6. Tenchu: Stealth Assassins

Most ninja games before *Tenchu* were all about the hack-and-slash mechanics. *Tenchu* revolutionized ninja games by focusing on the stealthier aspects of ninja tactics. Your principal goal? Go unseen across rooftops, then drop down to take out your target instantly from behind.

www.gamespot.com

### 5. Mark of the Ninja

Another stealth-heavy ninja game and one of the more recent titles on our list, *Mark of the Ninja* is truly a work of art. Its moody, cartoon-style graphics are stunning, truly capturing the game's conflict between tradition and modernization.

www.kleientertainment.com

### 4. Shinobi

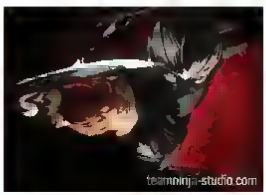
*Shinobi* is one of the most enduring names in video games, and for good reason. The series was well-known for its advanced enemy AI and punishing difficulty.

www.hardcoregaming101.net

### 3. Ninja Gaiden

The *Ninja Gaiden* series has consistently offered over-the-top ninja fun, from its inception in arcades and in the 8-bit NES era to its most recent entries on PlayStation 3 and Xbox 360. The games generally center on ninja Ryu Hayabusa as he takes on baddies and hunts down sweet, ultra-powerful ninja swords.

www.ign.com




### 2. Arc the Lad

*Arc the Lad* is a series of tactical RPGs, making it a more cerebral, slow-paced entry on a list otherwise full of stabby action. If it's an excellent story and solid gameplay you seek, *Arc the Lad* is the ninja throwback game for you.

www.giantbomb.com

### 1. Mortal Kombat

What ninja list is complete without *Mortal Kombat*? Most of us have fond memories playing this game when the parents weren't paying attention. If they caught a glimpse of you punching holes through people's abdomens, that would be the end of your fun! *Mortal Kombat* shocked and awed when we found out just how violent 16-bit graphics could be.

www.giantbomb.com

Article courtesy of All About Japan
www.allabout-japan.com/en/article/1986

# Shop Guide

The following is a list of shops where you can buy Japanese goods, services and art

★ Chopsticks NY available to pick up

## FASHION

**Upper West — Bit'z Kids***
410 Columbus Ave. (bet. 79th & 80th St.)
212-724-1415
Clothing

**Midtown East — Miki House**
1000 3rd Ave (at Bloomingdale's)
Clothing

**Midtown East — Zero Halliburton**
300 Madison Ave (at 42nd St.)
646-840-3800
Accessories

**Gramercy — Bradelis New York**
#8 Madison Ave (bet. 27th & 28th St.)
212-684-2223
Lingerie

**Soho — Arth**
75 W. Houston St. (Wooster & W. Broadway)
212-633-1431
Accessories

**Soho — Bradelis New York**
211 Elizabeth St. (bet. Prince & Spring St.)
212-941-8825
Lingerie

**Queens — Bradelis New York**
135-20 39th Ave #HL 215 Flushing, NY 11354
718-353-1345
Liegerie

## J-POP CULTURE

**Upper East — Ebisu Gift Shop**
351 E 2nd St. (bet. 1st & 2nd Ave.)
646-287-7182
Toy

**Midtown West — Book Off***
48 W. 49th St. (bet. 5th & 6th Ave.)
212-765-1410
Book

**Midtown West — Kinokuniya Bookstore**
1073 6th Ave. (bet. 40th & 41st St.)
212-869-1700
Book

**Midtown West — Midtown Comics***
200 W. 40th St. (at 7th Ave.)
212-302-8192
Manga

**Midtown East — Midtown Comics***
459 Lexington Ave. (at 45th St.)
212-302-8192
Manga

**Chelsea — Image Anime***
242 W. 30th St. (bet. 7th & 8th Ave.)
212-631-0908
Anime

**East Village — Sunrise Mart**
4 Stuyvesant St. (bet. 3rd Ave. & 9th St.)
212-539-3040
Video Rental

**East Village — Toy Tokyo**
91 2nd Ave. (bet. 5th & 6th St.)
212-673-5424
Toy

**East Village — Video Games New York**
202 E. 6th St. (at 3rd Ave.)
212-539-1038
J Goods

**Soho — Sunrise Mart, Soho**
494 Broome St. (W. Broadway & Wooster St.)
212-219-0033
Video Rental

**Queens — Anime Castle***
35-32 Union St. Flushing, NY 11354
347-438-1296
Anime

**New Jersey — Gundam Planet**
544 10th St. Palisades Park, NJ. 07650
201-944-5305
Toy

## TRADITIONAL

**Online — J-Life International, Inc**

Live Japan: Bring the simplicity and elegance of Japanese design into your home or workspace. J-Life specializes in the traditional comforts of Japanese life with futons, zabuton, kotatsu, tatami, shoji and hundreds more exquisite products

PO Box 1895 Conway NH 03818
866-993-9291 www.jlifeinternational.com
Home Decor

**East Village — Makon**

Makon offers innovative and traditional museum quality antiques and contemporary tablewares and arts. We carry china, furniture, ornaments and art from Edo to Showa period as well as contemporary ceramics, glasswares and more created by Japanese artists

37 3rd Ave. (bet. 12th & 13th St.)
212-995-5622 www.themakon.com
Antique/General

**Midtown West — Kimono New York**
1410 Broadway #2618 (bet. 38th & 39th St.)
212-869-5700
Kimono

**Midtown West — Wahao New York**
225 W. 36th St. #804 (bet. 7th & 8th Ave.)
212-231-8162
Towel

**Midtown East — Minamoto Kitchoan***
509 Madison Ave (bet. 52nd & 53rd St.)
212-489-3747
Confectionery

**Lower Mhn — Minamoto Kitchoan**
185 Greenwich St. (at Westfield World Trade Center)
212-602-5810
Confectionery

**Soho — Kimono House**
131 Thompson St.(bet. Prince & Houston)
212-505-0232
Kimono

**Brooklyn — J+B Design**
300 7th St. (bet. 6th & 5th Ave.)
General

**New Jersey — Mars New York**
535 River Rd. Edgewater, NJ 07020
201-945-1134
General

**Japan — Japan Square**
www.japansquare.com
General

## GALLERY

**Midtown East — Ronin Gallery***
425 Madison Ave (at 48th St.)
212-688-0188
Gallery

**Chelsea — NYCoo Gallery**
1133 Broadway #335 (bet. 25th & 26th St.)
212-340-1148
Gallery

**Chelsea — Onishi Gallery**
521 W. 26th St. (bet. 10th & 11th Ave.)
212-695-1035
Gallery

## OTHER

**Midtown West — Toho Shoji N.Y.***
560 6th Ave. (bet. 16th & 17th St.)
212-675-7456
Jewelry Supply

**Midtown West — ZIPANGU Showroom**
1410 Broadway #2618 (bet. 38th & 39th St.)
212-869-0500
Other Goods

**Midtown East — IPPODO TEA**
125 E. 39th St. (bet. Lex & Park Ave.)
212-370-0609
Other Goods

**West Village — McNulty's Tea & Coffee***
109 Christopher St. (bet. Madison & Bleecker Sts.)
212-242-5351
Other Goods

**New Jersey — Nippon Auto Leasing**
2050 Center Ave Suite 575 Fort Lee, NJ 07024
201-400-8000
Other Goods

**Online — IKI Japan**
www.ikijapan.com
650-580-5764
Other Goods

**Online — LUPICIA Fresh Tea**
www.lupicia.com
866-574-4032
Other Goods

## HOUSEHOLD GOODS

**Upper East — Sora Japanese Pottery***
350 Lexington Ave. (bet. 69th & 70th St.)
212-772-3243

**Tribeca — Korin***
57 Warren St. (bet. Church St & W. Broadway)
212-587-7021

**Queens — Seto New York***
4126 27th Street, Long Island City, NY 11101
718-472-5413

**New Jersey — Kitchenware Central**
1835 Lemoine Ave. Fort Lee, NJ 07024
201-886-0003

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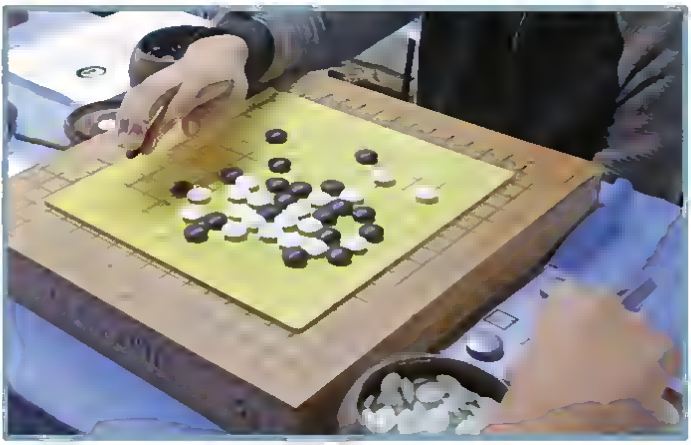
www.jlifeinternational.com
1-866-993-9291

# THE "DO" OF PLAYING GO



Ever since I read the Japanese manga, *Hikaru no Go* I always wanted to try the Asian board game, Go, just like Hikaru, six grade protagonist of the manga. But I never had a chance until recently when I was permitted to sit in on an educational session with Stephanie Yin, a professional Go player and one of the only 30 female Go masters in China, who is now the President of the New York Institute of Go.

According to Stephanie, Go was invented in ancient China more than 4,000 years ago. As she explained the rules, I was quickly absorbed into the complicated yet addictive features of the game. The main components of the board include the playing board (or go-ban) with a common 19x19 grid, and the playing stones (or go-ishi). The board contains 361 intersection points, and every stone must be played on these intersections, rather than inside the boxes. The stones themselves come in both black and white, and interestingly enough, the black-stone player always goes first.

In several ways, Go is much like chess (even its Chinese name literally means "encirclement chess"). Unlike chess however, Go's rules are much simpler, but I found the resulting game is far more complex. At its core, Go is a game all about controlling "territory" (the areas of the board that you can surround with your stones), and the player who takes the most territory wins the game. Capturing opponent stones is another important aspect of the game. A lone stone has four "liberties", or open points surrounding it (one in each cardinal direction). If the opponent can occupy all four of those points, then that player can capture the stone.

Despite the simplicities, these rules allow players to make endless strategies to achieve victory, but trying to stay two steps ahead of your opponent is key. Learning to predict how your opponent will react to your moves is a critical aspect that can help you win. But even if you lose, it's no problem. You can ultimately build a new strategy from reviewing your own mistakes, thus creating new solutions to old problems. It's the employment of these techniques that allows matches to evolve in so many ways, turning every game from a blank board into a majestic work of art. As I learned, Go is really about construction rather than destruction.

— Reported by Michael Goldstein

**New York Institute of Go**
33-70 Prince St., #505, Flushing, NY 11354
TEL: 646-297-9536 / 929-300-1896
info@ny-go.org | www.ny-go.org/nysp.html

There are 361 intersections on a board and there are 9 Star Points that work as milestones on the universe of Go.

At the introductory class, students do exercises in a special guidebook designed to learn the mechanics of Go.

After reviewing old tactics and learning new ones, students move on to the next step. Stephanie demonstrates these new tactics with the gameboard.

During and after students play a game in the class, Stephanie reviews it and gives advice to build new techniques.

# School Guide

The following is a list of schools where you can learn Japanese culture.

★ Chopsticks NY available to pick up

## LANGUAGE

**Midtown West — The Nippon Club/Japan Foundation NY**

JF Japanese Language Courses focus on what you can do by using Japanese and on practical activities that incorporate Japanese culture. Learn real-life Japanese and explore Japanese culture with us! Visit www.jfny.org/language/overview.html for more info.

145 W 57th St (bet. 6th & 7th Ave.)
212 581 2223 www.nipponclub.org/culture
Japanese

**Midtown East — Hills Learning**

Hills Learning is a fully accredited institution in New York that specializes in Asian language instruction. They have small group classes and private lessons tailored to individual goals and needs. Classes are available for Japanese, Korean, Chinese and Thai.

50 E 42nd St. #900 (at Madison Ave.)
212-764-0934 www.hillslearning.com
Japanese

**Purchase — Kaio Academy of New York**

Each summer, Kaio Academy of NY organizes a two week cultural exchange residential program for middle and high school students from Japan and the US. Come join and experience their unique bilingual & bi-cultural learning environment!

3 College Rd. Purchase, NY 10577
kaiosummer@kaio.edu www.kaio.edu
Japanese

**New Jersey — Japanese-American Society of New Jersey***

Their language program is taught by highly trained instructors who qualify through their special certification program. Group and individual lessons are available on and off the premises as well as via Skype.

304 Main St. 2nd FL, Fort Lee, NJ 07024
201-461-6133 www.jasofnj.com
Japanese

**Upper West — Friends Academy**

310 W. 103rd St. (bet. Westend Ave. & Riverside Dr.)
212-935-4535
Japanese

**Upper West — Japan ICU Foundation**

475 Riverside Dr. #439 (bet. 119th & 120th Sts.)
212-870-3388
Japanese

**Midtown East — ibec language institute, inc.***

369 Lexington Ave. #300 (bet. 40th & 41st St.)
212-697-2000
Japanese

**Midtown East — Japan Society**

333 E. 47th St. (bet. 1st & 2nd Ave.)
212-715-1256
Japanese

**Chelsea — ABC Language Exchange***

145 W. 25th St. #2E (bet. 6th & 7th Ave.)
212-563-7580
Japanese

**Chelsea — Tenri**

434 W. 13th St. (bet. 9th & 10th Ave.)
212-645-2900
Japanese

**West Village — NYU-SCPS**

7 E. 12th St. (bet. University Pl. & 5th Ave.)
212 998-7150
Japanese

**Long Island — Long Island Japanese**

21 Beacon Hill Rd. Port Washington, NY 11050
516-883 5745
Japanese

**Long Island — Long Island Japanese Culture Center***

2 Heaven Ave. Ste. 239 & Studio LL1 Port Washington
516-551-4307
Japanese

**Westchester — Kaio Academy**

3 College Rd. Purchase, NY 10577
914-701 3464
Japanese

**New Jersey — Iroha Nihongo***

8 West Bayview Ave., Englewood Cliffs, NJ
201-947-4832
Japanese

**New Jersey — R/Lingo Learning Center***

2400 Lemoine Ave. #104 & 105 Fort Lee, NJ
201-947-4707
Japanese

## TRADITIONAL

**Upper West — Ikenobo Ikebana School**

30 W. 60th St. #9K (bet. Broadway & Columbus)
212-757-6748
Ikebana

**Upper West — Seikou Shodo**

315 W. 61th St. (at West End Ave.)
212-247-2585
Calligraphy

**Midtown West — N Y Togei Kyoshitsu School***

5 W. 30th St. 3 FL (bet. 5th Ave. & Broadway)
212-268-1711
Pottery

**Midtown West — The Nippon Club**

145 W. 57th St. (bet. 6th & 7th Ave.)
212-581-2223
Sado

**Soho — Kimono House**

131 Thompson St. (bet. Prince & Houston St.)
212-505-0232
Kimono

## MARTIAL ARTS

**Upper West — Kokushi Budo Institute**

332 Riverside Dr. (bet. 105th & 106th St.)
646-826-7954
Judo

**Upper West — Shonnryu Matsebayashi***

191 W. 72nd St. #2R (bet. Columbus & Amsterdam Ave.)
212-475-5525
Karate

**Upper West — UWS Kanshikai Karate**

924 Columbus Ave. (bet. 105th & 106th St.)
212-222-1172
Karate

**Midtown West — Shinjinbukan New York**

939 8th Ave. #307 (bet. 55th & 56th St.)
917-400-6183
Karate

**Midtown West — Shinkyokushinkai NY**

520 8th Ave., 19th Fl. (bet. 36th & 37th St.)
646-235-0283
Karate

**Midtown East — KYOKUSHIN KARATE**

265 Madison Ave. 5 FL (at 39th St.)
212-947-3334
Karate

**Chelsea — U.S. Budo Kai-Kan**

110 W. 14th St. 2 FL (bet. 5th & 7th Ave.)
212-807 7336
Mix

**Chelsea — Uesbro Karate Dojo**

107 Chambers St. (bet. Church & W. Broadway)
646-745-8172
Karate

**Chelsea — World Seido Karate**

61 W. 23rd St. 2 FL (bet. 5th & 6th Ave.)
212-924-0511
Karate

**East Village — Karate Honma Dojo**

58 E. 11th St. 5 FL (bet. Broadway & University)
212-505-3956
Karate

**Tribeca — Dishi Judo Club**

547 Greenwich St. (bet. Vandam & Charlton St.)
212-255-6950
Judo

**Queens — Rokese Bodo Dojo**

25-39 Parsons Blvd.
347 746-1037
Mix

**Long Island — Katayanagi Shotokan Karate**

998 Port Washington Blvd. 2FL Port Washington, NY
516-330-2369
Karate

**New Jersey — Kokeshikai Judo***

24-28 Fair Lawn Ave. Fair Lawn, NJ 07410
201 797-8998
Judo

**New Jersey — KYOKUSHIN KARATE NJ Branch**

360 Old River Rd. 2 FL Edgewater, NJ 07020
212-947-3334
Karate

## OTHER

**Midtown East — SOBA Making**

Soba Making Lesson Every Sunday. Sessions 12 / 2:30pm. This lesson will include theory & lecture on the history and nutrition of soba as well as hands-on learning and hands-on soba making. Contact Mr. Kotani at worldwide_soba_ny43@yahoo.co.jp

330 3rd Ave., 2 FL (at 31st St.)
www.worldwide-soba.com
Cooking

**Brooklyn — Ramen Class**

A lecture on ramen is presented by a chef/owner of Brooklyn Ramen and a soba master. Learn the know-hows of preparing your original ramen. Consultations on setting up a kitchen to serve ramen are also available. Email for schedule an appointment.

96 Montrose Ave. (bet. Leonard St. & Manhattan Ave.)
RamenClass?bk@gmail.com
Cooking

**Upper East — Saori Weaving Arts**

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Other School

**Midtown West — Hariyama Ballet**

58-60 W. 39th St. 3rd Fl. (bet. 5th & 6th Ave.)
347-451 1901
Dance

**Midtown West — The Nippon Club**

145 W. 57th St. (bet. 6th & 7th Ave.)
212-581-2223
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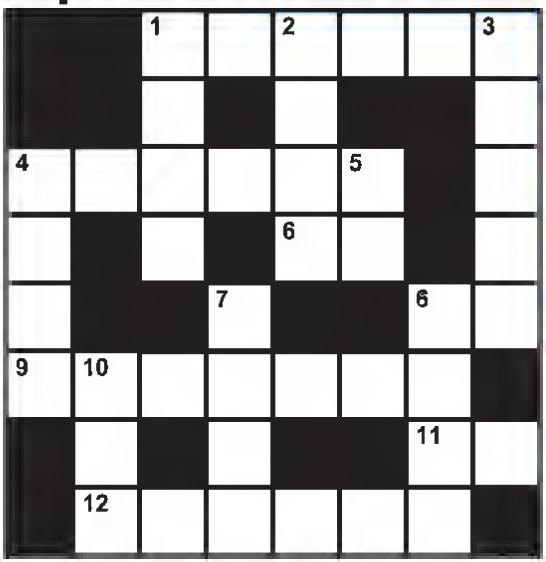
# Japanese CROSSWORD



**Across**

**1.** ____ (cherry blossoms) bloom throughout Japan in the spring and festivals celebrating this flower take place everywhere

**4** Dictionary form of a verb meaning "to protect" and "to defend"

**6** "House" in Japanese

**8** A counter used for a set of publications or documents

**9** Famous for its old downtown atmosphere and the Kaminari-mon (Thunder Gate), _____ is one of the most popular tourist destinations in Tokyo

**11.** "Tree" in Japanese

**12.** A noun describing the state of being "slanted" or "diagonal"

**2.** "Chestnuts" in Japanese

**3.** Dictionary form of a verb meaning "to walk"

**4.** Often used in greetings like "_____ ashita" (see you tomorrow) and "_____ ato-de" (see you later) _____ on its own means "again" or "another"

**5.** _____ is a noun indicating "above" or "up" and is often used with the postpositional particles "de" and "ni"

**7.** "Opinion" in Japanese

**8.** O-_____ refers to a ghost or goblin. The word was derived from the verb _____ru meaning "to turn" and "to disguise"

**10.** "Thousands," "line(s)" and "the cap of a bottle" are homophones in Japanese, pronounced _____

**Down**

**1.** _____ru is the dictionary form of an intransitive verb meaning "to cool down" (a transitive verb meaning "to cool down" is samasu.)

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## The World Heritage Sites of Japan

### SHIRAKAMI SANCHI

(Recognized by UNESCO in 1993)

Stretching across the borders of Aomori and Akita prefectures on the northernmost part of Honshu Island, Shirakami-Sanchi has the last virgin forest of buna, Siebold's beech trees, that once covered the hills and mountain slopes of northern Japan. A 17,000 hectare area out of 130,000 hectares of mountains, is designated a World Heritage Site, and 74 % is in Aomori prefecture. Shirakami Sanchi, literally translated as "White God Mountains" preserves nature well and shows the evolution of terrestrial, freshwater, and marine ecosystems. The mountains are closed from November to May for safety reasons, but during the warmer seasons you will enjoy grand views of lakes and waterfalls as well as the 400-year old "Mother Tree" that keeps a tremendous amount of water in its trunk. There are some easy hiking routes, and guided walking tours and bus tours are also available.

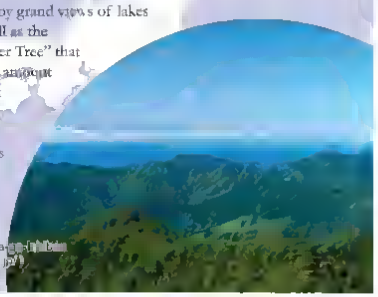


Photo courtesy of Heiwa-machi Hall
(http://www.ga.chiban.jp/)

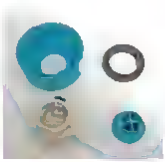
# MONO-logue

**"Mono" means "thing," "object," or "product" in Japanese, but it also implies that the thing has quality. In this corner, we introduce "mono" that characterize Japan's spirit of constant quality improvement.**

This family of stainless mugs looks great together. Why not get one of each for all of your family and friends?

Like all of these items, the mug is an essential tool – something that enhances one's lifestyle

What makes this eye catching, smooth, and lightweight mug better? Your favorite beverage inside



The pieces of the lid fit seamlessly and prevent accidental leaks and spills once properly installed

## Vol. 69 - MONO of the month

## Zojirushi Stainless Mug SM-LA48

In this day and age, thinking about the environment has gone beyond being trendy – it is a necessity. Especially when considering our general use of plastic bottles, we tend to consume more than we recycle, environmental impact aside, it is simply wasteful and inefficient. While vacuum sealed bottles have been around for nearly a century, companies like Japan's Zojirushi have been developing and tweaking its designs and capabilities for decades, and have become among the most widely admired and purchased bottle makers today.

Zojirushi was originally founded in 1918 as the Ichikawa Brothers Trading Company, focusing on imported goods. In 1948, it became the Kyowa Manufacturing Co. and started mass-producing its first glass vacuum-sealed bottles. Zojirushi's first stainless steel double walled vacuum – their TUFFBOY line – was released in 1981, and their manufacturing process was soon patented.

What has continued to make Zojirushi so competitive is its philosophy. Whether it is their kitchen appliances like water boilers or rice cookers, or lifestyle products like their food jars, they aim to maintain a high standard for innovation, ease of use, and elegance. And especially with their multiple lines of vacuum-sealed bottles and mugs, they are catering to the active lifestyle where people really want to have their favorite hot or cold drinks on the go.

Their latest model, the Stainless Mug SM-LA48, is yet another feat of manufacturing. Zojirushi has been able to forge an impossibly thin stainless steel liner that is not only as durable as its predecessors, but also retains heat just as effectively. The 4-piece design (Cover, rubber Lid Gasket, Stopper, and rubber Stopper Gasket) can be easily taken apart for cleaning and then put back together. According to Zojirushi, the 16oz bottle yields 6 hours for heat retention as well as 6 hours for cold retention.

In hand, the bottle is incredibly lightweight and portable. But two other details definitely stand out. First is the lid, which is incredibly well thought through. The rubber Stopper Gasket, which creates the seal with the bottle, is also the failsafe that makes sure that the other pieces of the lid are correctly in place. It's an intuitive idea that makes sipping hot drinks much easier than before.

Finally, the non-stick interior makes the mug easy to clean, and doesn't hold onto odors – so if you're having coffee one day and soup the next, you'll be able to avoid cross-contamination and have everything taste as it should. And with three sizes (12oz, 16oz, 20oz) and four colors to choose from, there's a mug that fits a range of tastes and lifestyles. The mature, dignified Navy color is perfect for the professional, while the Rose Gold might be the perfect complement to someone's 'bling'. Kids will certainly enjoy the brighter colors of Deep Cherry and Turquoise Blue when they bring their mug to school or while hanging out with their friends. But whether it's on a desk or in the side pocket of a backpack, this mug will undoubtedly draw positive attention no matter where it goes.

So the next time you're looking for a unique design that stands out from the crowd, there is no better choice than looking at Zojirushi. Keep an eye out locally at a Japanese market or simply go online at *www.zojirushi.com*.

Info: www.zojirushi.com

*What on Earth?*

# 花見

# HANAMI

Literally translated as "flower viewing," today's *hanami* actually refers to cherry blossom-viewing picnics and parties that take place during cherry blossom season. In Japan during the Nara Period (710–793), members of the nobility enjoyed eating food, drinking sake, and watching performances while flowers were in bloom, but the flower was not usually a cherry blossom but rather a plum flower. During the Heian Period (794–late twelfth century), the popularity of cherry blossoms exceeded that of plum flowers, and even the term "flower" came to refer to cherry blossoms. Then in the Muromachi Period (1332–1573), the hanami custom spread to the samurai class.

Although hanami was originally entertainment for high-class people, it became popular among commoners in the eighteenth century. You can get a good sense of how they enjoyed hanami in those days by listening to *rakugo* (Japanese traditional comic storytelling). Several famous stories that borrow settings from hanami are *Hanami Zake*, *Hyakunen-me*, and *Atamayama*. The most famous one is probably *Nagaya no Hanami*. Poor residents in a nagaya (terraced house) in downtown Edo (Tokyo) set out for hanami, led by a stingy landlord. Since they are so poor, they substitute takuan (pickled radish that has a yellow color) for tamagoyaki (egg custard), daikon radish for kamaboko (fish cake), and diluted green tea for sake. Even though what they bring is miserable, their mood is uplifted. But the festive mood and their frustration with their poverty causes a commotion. Today, hanami resembles a festival with its many vendors and performance stages, so the words "hanami" and "sakura matsuri" (cherry blossom festival) are used interchangeably.

There are many varieties of cherry blossoms, but the most common one in Japan is Someiyoshino, which has five pale pink petals. Some other popular types are *shidare-zakura* (the one with willow-like, bending branches), *yae-zakura* (the one with multiple petals), and *yama-zakura* (the primeval variety often found in the mountains). Each hanami area is unique, offering different types of cherry blossoms and a different backdrop for the blossoms. It's hard to pick the best one, but some famous hanami spots are: Yoshino in Nara Prefecture, where yama-zakura cover the entire Yoshino Mountain; Hirosaki Koen in Aomori Prefecture, where 2,600 Someiyoshino trees grow around Hirosaki Castle; Osaka-Zoheikyoku, which has 120 varieties and 400 trees planted alongside the river; and Ueno Koen in Tokyo, which is famous for its beautiful illuminated trees at night.

Japanese people enjoy cherry blossoms not only when the flowers are in full bloom but also at various points during the blossoms' short lives. Everyone has his or her own favorite time to appreciate the beauty of the blossoms. In the case of Someiyoshino, once the dark pink buds bloom, they become a whitish pink. So when they are in 50% bloom, for example, people can enjoy a mixture of different colors. Also, after the full bloom, the sight of petals fluttering in the wind is also elegant. It is important to know the date of blooming in order to pick a day for hanami, and people rely on official information from the Japanese Meteorological Agency, which announces its predicted blooming dates each year.

# ASIA

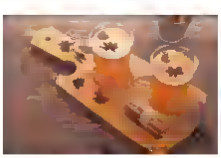

P. 46 **Asian Travel**

© Photo travel VieD/Shutterstock.com

## The Myriad of Charms of MALAYSIA

With beautiful coastlines and islands, Malaysia attracts many beach goers, but it also offers cities and towns that are attached with an interesting mix of cultures and histories

P. 47 **Asian Beauty + Health**



© Nadina Lebada/Shutterstock.com

## Star Anise: More Than A Spice

Giving off a strong licorice-like aroma, star anise has been used for cooking and drinks for centuries. Native to China, Vietnam and India, this perennial herb not only makes meat dishes more digestible but also appetizing

P. 48 **Asian Restaurant Review**

© Mikey Asanin

## Pinto Garden

Opened by a Thai native and Per Se alumni, Teerawong Nanthavatsiri, Pinto Garden in the West Village serves highly seasonal Thai dishes with a concept of family gathering behind it.

# THE MYRIAD OF CHARMS OF MALAYSIA

By Michael Goldstein

The thirteen states that make up Malaysia have a knack for attracting tourists from all over the world. It's not just the perfect beach zones that keep tourists coming for a never-ending summer vacation, nor is it the lush, ancient rainforests of Borneo and Sabah that attract visitors with their melting pots of biodiversity. Most of the excitement can be traced to the more urban areas, where cultural history and innovation run wild and free. This month, we're highlighting the hot spots recommended for the perfect trip.

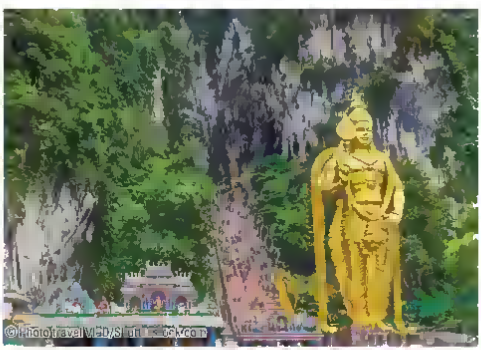
Visitors have no better place to start exploring the monarchy's uncanny charm for every kind of tourist than with **Kuala Lumpur**, the national capital. Tourists can explore a blast of Malaysian biodiversity walking through the 400-million-year-old **Batu Caves**, a series of caves and cave temples, which are especially popular with Hindus living outside of India. You'll probably catch a glimpse of the diverse range of cave fauna, or maybe even some macaques! Culture lovers can also visit the **Islamic Arts Museum**, viewed by many as having the best exhibitions and resource centers for delving into the Muslim cosmos of the country's dominant faith. Or they can stroll through Central Market and take a heritage tour from stall to stall, each attracting visitors from all over with treats and trinkets that showcase the Malaysian culture for extremely low prices.

About 100 miles southeast from Kuala Lumpur, you can also visit **Melecce** (sometimes called Melaka). Its capital city, **Malecce City**, houses an architectural wonder called the **Stedthuys**, a preserved Dutch building known for its red coloring and distinct elements of Dutch architecture, serving as a memory of a time when the Dutch had temporary control in the area (for more than 180 years!). It used to be an administrative center for the government, but nowadays it's a history museum. Tourists, especially night owls, can also walk down **Jenker Street**, a dazzling attraction which, like the Central Market, serves as an amazing night market for everything from tasty treats to cheap crafts.

If ancient caves and crowded markets aren't your cup of tea, Penang's capital city, **George Town**, has an excellent plethora of options for museum-lovers. For example, one of the best attractions is the **Ckeeng Fett Tze Mensioe**, the private residence, recognized for its distinct blue coloring, once owned by the Chinese businessman of the same name. The mansion has been featured in TV programs and films going back to the 1990s. For a more dizzying experience, you can visit the **Upside Down Museum**, which is exactly what it sounds like.

As you go through town after town, be sure to try all the different street foods Malaysia, especially Penang, has to offer. You can taste such wonders as **rojek**, a plate of cut-up fruits and other treats covered in delicious sweet sauce, and **epem belik**, a fluffy rice-flour pancake stuffed with creamed corn. There are even stalls for thorny fruits called durians, which according to Malaysian lore, never fall during daylight hours because they have eyes and don't want to hurt people. Although durians don't really have eyes, they do have an overpowering stench that simply can't be defined by modern science!

A breathtaking view overlooking Malacca Straits Mosque (Masjid Selat Melaka) on Malacca Island at sunrise



The Batu Caves' Lord Murugan Statue and entrance. Located north of Kuala Lumpur, Batu Caves has three main caves featuring temples and Hindu shrines

# STAR ANISE: MORE THAN A SPICE

Reported by Maya Robinson

© leungchopan/Shutterstock.com

Although it is considered relatively a late-comer to official Chinese medicine (appeared in 16th Century), Star Anise has been a part of herbal medicine history for centuries in the folk tradition. Native to China, Vietnam and India, it has been used abundantly throughout history in Asia in the form of cooking, and is a part of many traditional dishes such as the Chinese five-spice blend, the broth of Vietnamese Pho, pastis, sambuca, and other forms of absinthe, as well as masala chai and biryani of India. One of the things I love about herbal medicine is that, the more you learn about plants, the more folklore and old culinary traditions make sense. I am always awed when I look at an old folk recipe and I realize how sophisticated of a formulary they were.

The abundance of food we have today and our modern medical perspective has caused a major shift in our relationship to food and nature. However, we must remember that once upon a time, food was medicine. There was a reason behind everything that was called for in a recipe. Star Anise appears in the culinary tradition often as a spice cooked with meats and cooked in some form of salty flavor. It turns out, the ancient people knew cooking this herb with salt allows the energy to enter into the kidney meridian more readily where it is said to balance the kidney yang deficiency.

Historically it is famous for helping digestive upsets, which makes sense for cooking with rich foods. It is known to be particularly great with flatulence and gas pain. It has been used for its powerful upper respiratory, anti-inflammatory properties for flu-like symptoms. In fact one of its constituents is used to create a drug called Tamiflu and that is where much of the Chinese grown herb goes. It is also a powerful infection fighter, and has been used to manage rheumatoid arthritis pain, back pain and hernia and menstrual issues. Today, researchers have found that it can kill cancer cells in a lab setting.

In my work so far, I have seen Star Anise work on a mean hangover, and I like to put it in my after-thanksgiving-dinner digestive tea which works like a charm. Although it is traditionally supposed to be decocted for medicine, I like to make cold infusions and let it sit over night, just to enjoy it as a refreshing tea, which can also be used as a mouthwash and even a facial toner. I also throw olive leaves in there for taste and it is divine. If you are on the go, just pop a piece of the pod in your mouth to freshen your breath.

The aroma is calming, uplifting, and promotes mental stillness. The star-like shape is an indicator that it has an affinity to the cosmos. In flower essence form, some say it is similar to Sugilite crystal in that it promotes a higher connection with the cosmos, and can aid in spiritual protection as well as defense against psychic attacks, so it can be carried around for protection, and burned for meditation too. If there is this much and a lot more in this one little herb, imagine what you already have in your kitchen!

© Nadiia Lokoda/Shutterstock.com

Star anise goes great with fruits like apples and oranges. Hot apple cider becomes uplifting with the power of star anise.

© Mark Bowler/Shutterstock.com

In Asian cuisines, star anise is often cooked with meat for reducing meat smell and adding an appetizing aroma.

*It is important to note that here we are speaking of the Chinese variety, Illicium verum, which is very safe and can be used with children as well as to support lactation. On the other hand, the Japanese variety, Illicium anisatum, is toxic, and can cause liver damage if ingested.

**Maya Robinson** is a Brooklyn-based writer, coordinator herbalist, and founder of Rooted Things.
www.rootedthingsapothecary.com

# HIGHLY SEASONAL THAI DINING

## PINTO GARDEN

Thai food is one of the fastest growing cuisines in New York City, and today it feels like there is a Thai restaurant on almost every corner of the city. Pinto Garden, in the West Village, is a chic and homey restaurant that serves highly seasonal Thai dishes. It is the latest restaurant venture of Thai native and Per Se alumni, Chef Teerawong Nanthavatsin.

He incorporates locally sourced ingredients through New York City's Greenmarket Company with some of his favorite dishes growing up in Thailand. With that, Pinto Garden's dishes are always fresh and bring New York flavor to the table. Some of the current dishes to spotlight include *KO-RAE Chicken Wings*, fried chicken wings marinated with Southern Thai spices and *Duck Confit Flat Bread* made with roti bread and flavored with duck confit, pickled carrot and sriracha emulsion. Recommended from noodles and rice dishes *NUM YA Pu Pasta*, a Southern Thai curry pasta with jumbo lump crab and *Pumpkin Vegetarian Curry*, baked *kabocha* pumpkin in homemade Panang curry paste commonly found in the Central region.

"In Thailand, family style dinner is very important because it allows us to bring all our family members together, sharing both food and conversation while enhancing the relationships that bind us together," says Chef Nanthavatsiri. Pinto Garden's welcoming décor and atmosphere naturally navigate you to experience the Thai way of eating and share New York's seasonal flavor at its best.

**Pinto Garden**
117 W. 10th St. (bet. 6th & Greenwich Aves.) New York, NY 10011 | TEL 212-366-5455 | www.pintogarden.com
Dinner: Sun-Thu 5-10:30 pm, Fri-Sat: 5-11:30 pm, Brunch: Sat & Sun 11 am-3 pm

This dinner plate features pan-roasted Long Island duck breast with spicy house-made pineapple red curry for a Southeast Asian twist.

Lomein noodle is dressed up with a whole lobster and kicked up with chili paste, basil and garlic in *Spicy Lomein Lobster*.

Cozy back garden room is covered with a transparent ceiling, allowing natural light to brightly shine through during the day.

*Photos by Mikey Asanin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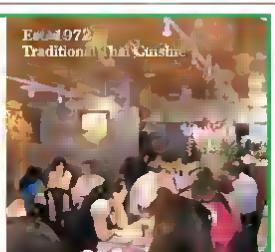


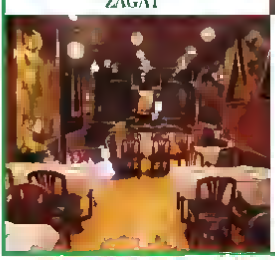

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244 W. 48th St.
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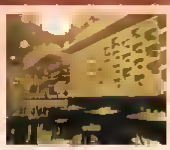
212-582-3392

Topaz Noodle Bar
129 W. 56th St., (bet. 6th & 7th Aves.), New York 10019
TEL: 917-444-7442 www.topaznoodlebarnyc.com
Mon-Sun: 11:30 am-11 pm



Conveniently located in the commercial district near Central Park, 5th Ave., and Carnegie Hall, Topaz Noodle Bar offers quality authentic modern Thai cuisine featuring noodle dishes. One of the signature dishes is Guay Tiew Khua Gai (15 usd). Wok-fried flat rice noodle with chicken, squid, scallion, lettuce and sesame oil. Served hot with sriracha chili sauce. This dish is a comfort food dish that you can find on street food carts in Thailand. If you want to try something new other than Pad Thai or Drunken Noodles, this is a very well-prepared alternative.

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# Other Asian Restaurant Guide

$35 Average price for a dinner entree and a drink (sake or wine)

Sushi Bar Available | Open for Lunch
M To W Only Open | Delivery
Th F Sa Su | Family Dining
Romantic Dining | Local Favorite
Vegetarian Friendly | Business Dinner
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## CHINESE

**Legend 72** — $25
127 W 72nd St
917-441-4790

**Dlhe's** — $15
2705 Broadway (bet. 103rd & 104th St.)
212-932-3300

**Chino Grill** — $66
60 W. 53rd St. (bet. 5th & 6th Ave.)
212-333-7768

**Henan Bistro** — $25
9F 3rd Ave. (bet. 12th & 13th St.)
212-388-8855

**Henan Manor** — $30
339 Lexington Ave. (near 40th St.)
212-682-2993

**The Cottage*** — $12
33 Irving Place (at 16th St.)
212-505-8300

**Dempling Men*** — $11
100 St. Marks Pl. (bet. 1st Ave. & Ave. A)
212-505-2121

**Drunken Dumpling** — $20
137 1st Ave. (bet. 8th & 9th St.)
212-982-8382

**Xi'an Famous Foods** — $20
81E. 34th St. (bet. 5th Ave & Madison Ave.)
212-786-2968

**Bing Kitchen** — $15
71 Orchard St. (bet. Grand and Broome)
212-219-1307

**Buddha Bodai** — $0
77 Mulberry St. (bet. Bayard & Canal St.)
212-233-2321

**Golden Unicorn*** — $20
18 E. Broadway (bet. Market & Catherine St.)
212-941-0911

**Shanghai Cuisine*** — $25
83 Bayard St. (at Mulberry St.)
212-732-1398

**East Wind Snack Shop*** — $11
471 15th St. Brooklyn NY 11215
929-255-0188

**East Manor** — $25
48-45 Kissena Blvd. Flushing, NY 11355
718-886-8398

**Himalayan Yak Restaurant** — $15
72-20 Roosevelt Ave. Jackson Heights, NY 11372
718-779-1119

**Fantasy Cuisine** — $17
20 N Central Ave. Hartsdale, NY 10530
914-356-9046

## KOREAN

**BornJoo** — $20
34 W. 35th St. (bet. Herald Square & 5th Ave.)
212-564-4430

**Cho Dong Gol** — $30
55 W. 35th St. (bet. 5th & 6th Ave.)
212-695-8222

**Don's Bogam*** — $40
17 E. 32nd St. (bet. Madison & 5th Ave.)
212-683-2200

**HAN BAT*** — $15
53 W. 35th St. (bet. 5th & 6th Ave.)
212-629-5688

**Hyo Dong Gok*** — $20
51 W. 35th St. (bet. 5th & 6th Ave.)
212-695-7167

**Madangsui*** — $30
35 W. 35th St. (bet. 5th & 6th Ave.)
212-564-8333

**Seoel Garden** — $20
34 W. 32nd St. (bet. 5th Ave. & Broadway)
212-695-9002

**Dokebi** — $25
199 Grand St. (bet. Onggo & Bedford Ave.)
718-782-1424

**Dong Chon Hong*** — $13
144 Main St. Fort Lee, NJ 07024
201-592-0450

**Myung Dong Noodle House*** — $12
2013 Lemoine Ave. Fort Lee, NJ 07024
201-592-8900

**PoongLim*** — $20
2053 Lemoine Ave. Fort Lee, NJ 07024
201-944-8989

**So Kong Hong*** — $15
130 Main St. Fort Lee, NJ 07024
201-585-1122

## THAI

**Up Thai** — $20
1411 2nd Ave. (bet. 73rd & 74th St.)
212-256-1199

**@NINE** — $18
532 9th Ave (bet. 42nd & 43rd St.)
212-695-4499

**Noodles*** — $12
630 9th Ave (bet. W 54th & 55th St.)
646-998-7828

**Pongsri Thai*** — $25
244 W. 48th St. (bet. Broadway & 8th Ave.)
212-582-3382

**Yum Yem 3*** — $15
656 9th Ave (at 48th St.)
212-956-3415

**Yum Yum Bangkok*** — $15
650 9th Ave (bet. 45th & 46th St.)
212-262-7244

**Yum Yem Too*** — $20
652 9th Ave (at 46th St.)
212-247-2228

**A+ Thai Place*** — $15
1007 2nd Ave (bet. 53rd & 54th St.)
212-207-9008

**Maison Thai** — $20
625 2nd Ave (bet. 34th & 35th St.)
646-998-2085

**DBAD** — $25
222 E. 53rd St. (bet. 2nd & 3rd Ave.)
212-308-5588

**SDNGKRAN** — $0
330 9th Ave (bet. 27th & 28th St.)
212-239-8792

**Bangkok 2 Thai*** — $14
349 1st Ave (bet. 20th & 21st St.)
212-473-4480

**THAINY*** — $13
394 3rd Ave. (at 27th St.)
212-696-2868

**Toon Thai Cafe*** — $25
435 Park Ave S. (bet. 29th & 30th St.)
212-644-1900

**Khao Thai Kitchen** — $0
235 Sullivan St. (bet. 3rd & Bleecker St.)
646-726-6418

**Somtum Der** — $15
85 Avenue A (bet. 5th & 6th St.)
212-260-8570

**Bennie's Thai Cafe** — $15
88 Fulton Street (at Gold St.)
212-587-1300

**Go Go Thai** — $15
144 W. 14th St.
212-929-9998

**Lantern Thai** — $25
311 2nd Ave. (bet. 18th & 19th St.)
212 777 2770

**Ngam** — $20
58 3rd Ave. (bet. 12th & 13th St.)
212-777 8424

**One More Thai** — $15
9 Clinton St. (bet. Houston & Stanton St.)
212-228-8058

**Spice** — $25
71 1st Ave. (bet. 4th & 5th St.)
212-253-2742

**Sticky Rice** — $15
95 Orchard St. (bet. Grand & Broome St.)
212-274-8208

**Zab Elee** — $15
75 2nd Ave. (bet. 4th & 5th St.)
212-505-3533

**Noodle Bar NYC** — $15
28 Carmine St. (near Bleeker St.)
212-524-8800

**Chai Thai Kitchen*** — $16
124 N. 6th St. (at Berry St.)
718-599-5888

**Tai Thai** — $30
206 Bedford Ave. (bet. N. 5th & N. 6th St.)
718-599-5556

**Blu Orchid Thai Kitchen** — $12
4504 Queens Blvd., NY (bet. 45th & 46th St.)
917-432-5588

**Spice** — $20
4745 Vernon Blvd
718-392-7888

**Absolute Thai Homemade** — $13
644 Anderson Ave. Cliffside Park, NJ 07010
201-944-2290

## VIETNAMESE

**Saiguette** — $16
1135 Columbus Ave. (at 106th St.)
212-866-6886

**PHO32 & SHABU*** — $20
2 W. 32nd St. (bet. 5th Ave. & Broadway)
212-695-0988

**Saigon Market** — $20
33 University Pl. (bet. 11th & 12th St.)
212-982-3001

**Nhe Trang One** — $15
87 Baxter St. (bet. Bayard & Canal St.)
212 233-5348

**Paris Restaurant*** — $5
213 Grand St. (bet. Elizabeth & Mott St.)
212-226-3828

**#1 Pho** — $12
4504 Queens Blvd., NY (bet. 45th & 46th St.)
917-432-6588

## OTHER

**Amber*** — $25
1406 3rd Ave. (at 80th St.)
212-249-5020

**Ausre Asian Bistro** — $15
235 W. 35th St. (near 7th Ave.)
212-629-9898

**KDA Restaurant** — $20
12 W. 21st St. (bet. 5th & 6th Ave.)
212-288-5738

**Jazz at Kitano** — $35
The Kitano Hotel 66 Park Ave. (at 38th St.)
212-885-7123

**Prime & Beyond New York** — $35
90 E. 10th St. (bet. 3rd & 4th Ave.)
212 505-0033

**10 Below (Ice Cream)** — $7
10 Mott St. (bet. Worth St. & Chatham Sq.)
212-965-1338

**Aux Epices** — $20
121 Baxter St. (bet. Canal & Hester St.)
212-971-0505

**Eggloo** — $8
60 Mulberry St. (bet. Mosco St. & Bayard St.)
xxx-xxx-xxxx

**Laut** — $15
15 E. 17th St. (bet. Union Sq. & Broadway)
211-206-9388

**LuAnne's Wild Ginger** — $18
380 Broome St. (near Mulberry St.)
212-966-1803

**Pig and Khao** — $20
68 Clinton St. (near Rivington St.)
212-920-4485

**Yoshi** — $12
250 Vesey St., 4 World Financial Center
212 742 2150

**Kho-yo** — $30
157 Duane St. (bet. Hudson St. & W. Broadway)
212-587-1080

**Blue Ribbon Brasserie** — $55
280 5th Ave. (bet. 1st St. & Garfield Pl.)
718-840-0404

**Kiwiana** — $35
247 Union St. Brooklyn, NY 11215
718-230-3602

**Pokito** — $30
196 South Side 4th St. (bet. Bedford & Driggs)
917 808-1542

**CBee*** — $10
73-20 Grand Ave. Maspeth, NY
718-898-1638

# Entertainment Event / Leisure

## Exhibition

**Ongoing through April 15**
**Ken Ohara "Extreme Portraits 1970-1999" Exhibition**
**Miyako Yoshinaga Gallery**
The Miyako Yoshinaga Gallery, in association with Sarah Lee Projects in Los Angeles, hosts Ken Ohara's solo debut in New York City. The exhibition will feature 30 gelatin silver prints of selected photography pieces from his accumulation of work. Since the 1960's Ohara has been photographing friends, family and himself, expanding the boundaries of photographic portraits to the extent that our familiar perceptions of others and themselves become precarious. He has received various awards and fellowships for his innovation and creativity in the world of art photography.
*Location: 547 W. 27th St., (bet. 10th & 11th Aves.), Suite 204 New York, NY 10001*
*TEL: 212-268-7132 / www.miyakoyoshinaga.com*

**April 4-29**
**3rd Triennale Statue of Liberty Art & Essay Contest Exhibition**
**Japanese Children's Society**
The winners of the Japanese Children's Society 3rd Triennale Statue of Liberty art contest will be on display at the Consulate General of Japan from Apr. 4 - 29. This contest began in 2009 as a celebration of Japanese Children's Society's 30th anniversary, and the theme of this year's contest is "Arigato (Thank You)." From 700 entries received from all over the world, 27 prize winning pictures/paintings and 16 essays were selected.

*Location: Consulate General of Japan in NY*
*299 Park Ave., (bet. E. 48th & 49th Sts.), New York, NY 10171*
*TEL: 212-371-8222 / www.ny.us.emb-japan.go.jp*

**April 8-July 9**
**Inventing Utamaro: A Japanese Masterpiece Rediscovered**
**Arthur M. Sackler Gallery**
For the first time in nearly 140 years, the three works by the legendary Japanese ukiyo-e master Kitagawa Utamaro (1753-1806) will be on display together at the Sackler Gallery. "Moon at Shinagawa", "Cherry Blossoms at Yoshiwara", and "Snow at Fukugawa", were last seen together in 1879 in Paris, France. Each painting was sold off and their whereabouts were unknown. "Snow at Fukugawa" was recently rediscovered in 2014 by the Okada Museum of Art. "Cherry Blossoms at Yoshiwara" was rediscovered in Connecticut's Wadsworth Atheneum Museum of Art in the late 1950's and "Moon at Shinagawa" was discovered in the Smithsonian founder's permanent collection in 1903. The Sackler exhibition explores the carefully constructed persona of Utamaro and the many questions surrounding his work and subject matter. The three paintings portray a romanticized view of the lives and appearance of the Edo period with meticulous detail.
*Location: 1050 Independence Ave. SW, Washington D.C. 20560*
*TEL: 202-633-1000 / www.asia.si.edu*

**April 12-27**
**Bronze Cast Objects Exhibition in New York**
**The Nippon Gallery**
The Nippon Gallery will be hosting the 2nd exhibition of renowned artist, Osamu Takeuchi called "Bronze Cast Objects Exhibition in New York". Osamu Takeuchi specializes in the bronze casting of Buddhist images inspired by the natural world around him. Calling his work "C art", he draws inspiration from the "C" shape curves he sees in everyday objects. He uses minimal three dimensional C-shaped curves to express different aspects of nature and abstract concepts. In the exhibition, there will be five new works and six carefully selected C Art objects.

*Location: 145 W. 57th St., (bet. 6th & 7th Aves.), New York, NY 10019*
*TEL: 212-581-2223 / www.nipponclub.org*

## Event

**April 23**
**Japanese Street Fair in Astoria, Queens**
**Japan Fes**
It is the 8th year since Japan Fes debuted in New York. On Sunday, Apr. 23, the 35th installment of Japan Fes street fair will be held in Astoria, Queens on Steinway Street between Broadway and 34th Avenue. There will be about 60 booths offering specialties, as well as the hugely popular ramen contest. Chopsticks NY will also have a booth, where it is planning to sell items like the Egg Bolo Cookies introduced in the February issue.

*Info. www.japanfes.com*

**April 29**
**Speed Dating Event**
**MeetJapanLady.com**
MeetJapanLady.com is a matchmaking company that helps professional Japanese women and Western men form relationships under the guidance of matchmaker, Naoko Matsumoto who has 18 years of professional matchmaking experience. It is hosting a speed dating event for professional men and women. To participate, register at the MeetJapanLady website.

*Info. www.meetjapanlady.com/nyc*

## Workshop

**July 5-25**
**Summer Intensive Japanese Language Course for Teens**

**The Japan Foundation**

The Japan Foundation and The Nippon Club are offering a summer intensive Japanese language course to provide opportunities for high school students to learn the Japanese language and explore the Japanese culture through fun activities For example this summer program includes a Tanabata Star Festival and a calligraphy class To be eligible students must be in grades 9 through 12 as of Fall 2017 No previous experience in Japanese language required The registration deadline is June 19 but early registration is highly recommended

*Location: 145 W 57th St., (bet. 6th & 7th Aves.), New York NY 10019*
*TEL 212-581-2223 / www.jfny.org*

# Happenings

### One-Year Anniversary Discount on Chicken Katsu Curry

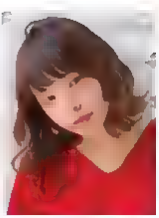
**Curry-Ya Harlem**

In celebration of its one-year anniversary, the Harlem location of the gourmet Japanese curry specialty shop Curry Ya is offering a discount until April 21 The amply portioned Chicken Cutlet Curry which normally goes for $14 50 will be sold for $10 from noon to 10 pm Students who show their ID can receive an additional 10% off

*Location: 1467 Amsterdam Ave., (at 133rd St.), New York, NY 10027*
*TEL 646-861-3833 / www.nycurry-ya.com*

### 20% Off Cut & Digital Perm

**GARDEN NEW YORK**



GARDEN NEW YORK is a Japanese hair salon in the West Village with expert stylists who are up to date with the latest hair trends from New York and Tokyo Each stylist customizes hairstyles to suit the individual needs of each client This April, GARDEN NEW YORK is offering a 20% off discount on a haircut and digital perm (Reg $200 and up) for all first time customers The original digital perm contains an abundance of treatment components which leaves the hair soft bouncy and easy to style without damage GARDEN NEW YORK recommends getting a digital perm for the upcoming spring season The offer is only available on weekdays

*Location: 323 W 11th St., (bet. Greenwich & Washington Sts.)*
*New York, NY 10014*
*TEL 212-647-9303 / www.garden-nyc.com*

### Two-Year Anniversary Tokyo "Shoyu" Ramen Discount

**Rai Rai Ken Harlem**

In celebration of its two year anniversary the Harlem location of Tokyo-style ramen chain Rai Rai Ken Harlem, will be offering its Tokyo "Shoyu" Ramen for a discount until Apr 21 from 5-10 pm This chicken broth base soy sauce flavor ramen, normally $10 50 will be served for $8 50 This is only for customers who dine at the shop and students who show their ID can receive an additional 10% off

*Location: 1467 Amsterdam Ave., (at 133rd St.), New York, NY 10027*
*TEL 917 639-3342 / www.rairaiken-ny.com*

### 20% Off All Hair Services

**YO-C Salon**

YO-C Salon is a cozy hair salon located in the East Village owned by veteran hair stylist Yoshihide Yonezawa He has worked in renowned salons of Tokyo Paris and New York and is now giving his expertise to local New Yorkers The stylist's techniques and attention to detail will assure you a satisfactory visit. The Yo-C Salon only uses high quality Japanese products that are gentle for the hair and scalp From Apr 1, YO-C Salon is offering 20% off all its services The offer is valid through Apr 31 Don't forget to mention Chopsticks NY when making an appointment.

*Location: 225 E. 5th St., (bet. 2nd Ave. & Cooper Sq.)*
*New York, NY 10003*
*TEL. 212-529-0355 / www.yo-csalon.com*

### Brazilian Blowout & Trim Set Special

**Belea New York**

Belea New York is an elegant hair salon located in Midtown East. This April the Japanese hair salon is offering its new service the Brazilian Blowout with a hair trim of 1/2 inch, for a special set price of $200 (Reg. $330) for the first 3 Chopsticks NY readers The Brazilian Blowout makes the

# Happenings Features

## Overseas Opening of Innovative Japanese Steakhouse Ikinari Steak

On Feb. 23, the popular standing-up-eating steak chain with 116 locations throughout Japan Ikinari Steak, opened its first overseas restaurant in New York's East Village On hand to give greetings at the opening ceremony was CEO Kunio Ichinose as well as special guest former Mets Manager Bobby Valentine who offered his congratulations and Susan Onuma President of the Japanese American Association of New York who took part in the ribbon cutting Following the ceremony Valentine was the first customer to place an order, and he enjoyed his freshly grilled steak after a toast of wine and beer with Ichinose Ikinari's steaks are priced based on their weight in grams and cuts offered are ribeye sirloin and filet (for 9 8 and 11 cents/gram respectively) Basic sides are soup mixed salad and rice, and no tip is required

*Location: 90 E. 10th St., (3rd & 4th Aves.), New York, NY 10003*
*TEL. 917 388 3546 / www.ikinaristeakusa.com*

## Promoting Japanese Curry to "Yelp Elite" GO!GO!CURRY!

GO!GO!CURRY! a Kanazawa style Japanese curry specialty house chain held a lecture/demonstration/tasting event at their Harlem location on Feb. 27 and promoted Japanese curry During the event inviting Yelp Elite distinguished Yelp members who post quality reviews and photos Tomoko Omori President of GO!GO!CURRY! USA talked about the history and features of Japanese curry as well as the story of the birth of GO!GO!CURRY! She also cooked a home style Japanese curry in front of the audience and served it along with their curry After the tasting guests had a chance to draw a raffle to win sets of the GO!GO!CURRY!'s retort curry which were only available in Japan.

*Location. 567 W 125th St., (bet Amsterdam Ave. & Broadway)*
*New York, NY 10027*
*www.gogocurryusa-ny.com*

hair smooth and healthier, which saves time on daily hair care. (If your hair is long, thick or heavy in texture, the stylist may charge extra.) Please mention this promotion when you make an appointment.

*Location: 239 E. 53rd St., (bet. 2nd & 3rd Aves.), #2*
*New York, NY 10022*
*TEL: 646-707-0050 / www.heleany.com*

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### Spring Relaxation Aroma Shampoo Promotions
**Tomoko Shima Hair Salon**

Tomoko Shima Hair Salon is a friendly salon that attends the individual needs of every client. This April, Tomoko Hair Salon is offering two Relaxation Aroma Spa shampoo promotions. The first promotion is the Relaxation Aroma Spa shampoo with a TS Signature Cut for $45 (Reg. $60). The second promotion offers Relaxation Aroma Spa shampoo with a Perfect Day Cut for $55 (Reg. $70). These two promotions are only available at the Downtown location. Please mention "Chopsticks Spring Aroma Promotion" when you make an appointment. When booking online, write which promotion you would like.

*Location: 235 W. 14th St., (bet. 7th & 8th Aves.), New York, NY 10011*
*TEL: 646-438-9277 / www.tomokoshima.com*

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### April Promotion: Offering H.A. Hydrating Facial for $95
**Spa Karen NY**

Japanese facial spa in Midtown, Spa Karen NY will offer H.A. Hydrating Facial for 90 min. for $95 (Reg. $160) as an April Promotion until Apr. 30. This facial treatment uses a product that contains high concentrate hyaluronic acid, pro-xylane, extracts from licorice and purple rice. It helps increase and retain the hyaluronic level in your skin and maintain softness and smoothness.

*Location: 15 W. 44th St., 10th Fl. (bet. 5th & 6th Aves.)*
*New York, NY 10036*
*TEL: 212-729-3521 / www.spakareany.com*

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### 30% Discount on glassware items and *donabe* clay pots
**KORIN**

KORIN Japanese Trading has specialized in providing Japanese kitchenware to restaurants and home kitchens since its establishment in 1982. This April, KORIN is offering a 30% discount on glass item and dobabe purchases at their Tribeca showroom and KORIN online shop. When making a purchase online, use the promo code GLASS2017 to receive the discount.

*Location: 57 Warren St., (bet. Church St. & W. Broadway)*
*New York, NY 10007 / TEL. 1-800-626-2172 / www.korin.com*

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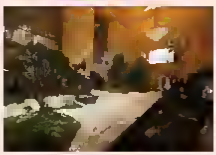
Happenings Feature

## 6th Japan Week at Grand Central
## Japan National Tourism Organization (JNTO)



From March 8-10, Japan Week was held by the Japan National Tourism Organization (JNTO) at Grand Central Station with the goal of promoting tourism to Japan. Visitors to Japan exceeded 1 million in 2015, and the following year a new record was set with 1.24 million. During the event about 20 Japan local government organizations as well as US/Japan corporations and groups were on hand to highlight Japan's diversity for tourists. The JNTO booth showcased the appeal of Japanese localities via introduction of specialty products as well as trip planning assistance. The center stage at the event featured the recreation of a traditional dry landscape rock garden. The sand, rocks, moss and wood used in its creation were gathered from the New York area and the final product was a US/Japan collaboration. Attendees who took pictures and put them on Instagram were able to take part in a photo contest.

*Info: http://us.jnto.go.jp*

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# DEALS OF THE MONTH

## Free Tickets to the 2017 New York International Auto Show

### April 14-23 / Jacob Javits Center

The New York International Auto Show is a unique showcase with more than four floors featuring nearly 1,000 of the latest new cars and trucks, new automotive ideas, technological innovation, exceptional concept cars from the world's automakers. Check out all the latest models from a hands-on driver's seat vantage. You can learn about the latest in fuel efficiency and take home a gift bag or two. See the hottest exotics joined by futuristic concept cars and a few shiny classics.

Chopsticks NY is giving away 7 pairs of tickets (14 people) to give readers an opportunity to attend North America's largest auto show. Send an e-mail to autochopsticksny@gmail.com with "Auto Show" on the subject line and your name and e-mail address by Apr. 7 for a chance to win tickets.

*Location: Jacob Javits Center*
*655 W. 34th St., (bet. 11th & 12th Aves.)*
*New York, NY 10001 / www.autoshowny.com*

## 2 Free Tickets to GENERATIONS from EXILE TRIBE's World Tour ~SPEEDSTER~

### May 28 / IRVING PLAZA

GENERATIONS from EXILE TRIBE is a sensational dance-vocal group born from the Japanese dance pop mega group EXILE TRIBE. Formed in 2012, GENERATIONS has been successful, with their debut album ranking #1 on the Oricon Weekly Album Chart in 2013. Their latest album, "SPEEDSTER" also achieved #1 on the Oricon Weekly Album Chart, leading a smash hit tour that recorded over 400,000 in attendance at 41 shows. The unit is releasing its 14th single, "Tanjo mo Tsuki mo" on Apr. 12. GENERATIONS will hold a world tour, "GENERATIONS from EXILE TRIBE WORLD TOUR 2017 ~SPEEDSTER~", in 6 cities including New York, scheduled to perform at IRVING PLAZA in May 28. Chopsticks NY is giving away two tickets for general admission with advance entry for two people. Apply by emailing to adsales@trendpot.com with a header GENERATIONS by Apr. 7.

*Location: 17 Irving Place, (at 15th St.), New York, NY 10003*
*TEL: 212-777-6817*

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